

## Checklist

All the items listed below are important and must be brought. Only the essentials are needed and these must be light and warm. This is a minimal gear list for the program.

### Clothing

| Quantity | Item  | Check                    |
|----------|---|--------------------------|
| 1        | Sturdy walking shoes (runners are fine, should have good grip)                  | <input type="checkbox"/> |
| 1        | Comfortable shoes for around camp – Must be closed toe, no thongs or slippers   | <input type="checkbox"/> |
| 5        | Socks - sports/hiking is recommended  | <input type="checkbox"/> |
| 5        | Underwear   | <input type="checkbox"/> |
| 1        | Thermals – Wool or Synthetic, not cotton  | <input type="checkbox"/> |
| 2        | Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS  | <input type="checkbox"/> |
| 3        | Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS            | <input type="checkbox"/> |
| 2        | Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible | <input type="checkbox"/> |
| 2        | Short Sleeved Shirts with collar – Sports shirts are great                      | <input type="checkbox"/> |
| 2        | Fleece or Wool jumpers – Thick and Warm – No cotton jumpers                     | <input type="checkbox"/> |
| 1        | Broad Brim Sun Hat  | <input type="checkbox"/> |
| 1        | Beanie  | <input type="checkbox"/> |

**Enough money to buy some lunch or snacks in the airport on travel days**

\*NO COTTON – NO AEROSOLS – NO NUTS\*

## Equipment

| Quantity | Item   | Check                    |
|----------|--|--------------------------|
| 1        | Sleeping Bag – Synthetic or Down. Comfort rating to 0 degrees or below           | <input type="checkbox"/> |
|          |  | <input type="checkbox"/> |
| 3        | Orange “Multix” Brand Garbage Bags   | <input type="checkbox"/> |
| 3        | Green or black garbage bags  | <input type="checkbox"/> |
| 1        | Strong fork & spoon ONLY   | <input type="checkbox"/> |
| 1        | Strong plastic bowl and mug  | <input type="checkbox"/> |
| 1        | Tea towel  | <input type="checkbox"/> |
| 3        | Soapy Jex pads   | <input type="checkbox"/> |
| 3        | “Scotchbrite” Green Scourers   | <input type="checkbox"/> |
| 1        | Chux cloth   | <input type="checkbox"/> |
| 3        | Large Snaplock Bags  | <input type="checkbox"/> |
| 1        | Head torch and spare batteries   | <input type="checkbox"/> |
| 1        | Sunglasses (polarised are preferable)  | <input type="checkbox"/> |
| 1        | Whistle (on cord)  | <input type="checkbox"/> |
| 1        | Matches in waterproof container  | <input type="checkbox"/> |
| 1        | Trail Mix (no nuts, no wrapped lollies) Portioned into individual days is useful | <input type="checkbox"/> |
| 3        | Water bottles (minimum 1 litre capacity each bottle)                             | <input type="checkbox"/> |
| 1        | Lunch for Day 1 – No nuts  | <input type="checkbox"/> |

## Personal Items

| Quantity | Item  | Check                    |
|----------|---|--------------------------|
| 1        | Roll of toilet paper (double bagged in two snaplock bags)       | <input type="checkbox"/> |
| 1        | Toothbrush & paste, soap (for showers), deodorant (no aerosols) | <input type="checkbox"/> |
| 1        | Insect Repellent (20% DEET is good) (no aerosols)               | <input type="checkbox"/> |
| 1        | Small towel or chamois for shower                               | <input type="checkbox"/> |
| 1        | Sunscreen, zinc, lip balm                                       | <input type="checkbox"/> |
| 1        | Labelled personal medications                                   | <input type="checkbox"/> |

## Optional

- ▶ Camera (in two plastic bags)
- ▶ Diary/journal for writing (including a pen)
- ▶ Book to read

## OEG will provide the following

- ▶ Tents and Tarps
- ▶ Sleeping mat
- ▶ Water proof pants and jacket
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks

Follow this link for more detailed advice about clothing and equipment:

[Clothing & Equipment Details](#)