

## CLOTHING AND EQUIPMENT LIST -Trinity College Year 10 Outdoor Education

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 Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in – <b>no elastic sided boots, skate shoes, Volleys or plimsolls</b> )	<input type="checkbox"/>
1	Comfortable shoes for around camp – Must be closed toe, no thongs or slippers	<input type="checkbox"/>
1	Raincoat with a hood (proofed nylon, dry japara are good – thigh length)	<input type="checkbox"/>
1 pair/day	Socks – “Explorer” type socks are highly recommended	<input type="checkbox"/>
1 pair/day	Underwear	<input type="checkbox"/>
1 pair	Thermal Underwear (long sleeved top & pants) – Wool or Synthetic, <b>not cotton. Handy but NOT essential.</b>	<input type="checkbox"/>
2	Long pants – loose fitting for insect protection. NO JEANS or Skins.	<input type="checkbox"/>
2	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	<input type="checkbox"/>
1	Long Sleeved Shirts with collar – Cotton or cotton blend preferable	<input type="checkbox"/>
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS	<input type="checkbox"/>
2	Fleece or Wool / Wool Mix jumpers – Thick and Warm – No cotton jumpers	<input type="checkbox"/>
1	Broad Brim Sun Hat	<input type="checkbox"/>
1	Beanie	<input type="checkbox"/>

### OEG will provide the following

- ▶ Tents and Tarps
- ▶ Backpacks
- ▶ Lightweight stoves and Fuel, and all cooking equipment
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit – **please do NOT bring your own 1<sup>st</sup> aid supplies**
- ▶

# THE OUTDOOR EDUCATION GROUP ▲

## Equipment

Quantity	Item	Check
1	Lunch for Day 1 – <b>NO NUTS!</b>	<input type="checkbox"/>
1	Sleeping Bag – Synthetic or Down. Rated to 0 or -5 degrees or below	<input type="checkbox"/>
1	Sleeping Mat (closed cell foam, no more than 10mm thickness & size 50cm x 180cm) – <b>No Yoga Mats!</b>	<input type="checkbox"/>
2	Strong (orange “Multix” Brand) garbage bags	<input type="checkbox"/>
2	Large snaplock bags to waterproof clothes	<input type="checkbox"/>
1	Strong fork and spoon	<input type="checkbox"/>
1	Mug (camping style – non breakable)	<input type="checkbox"/>
1	Strong plastic bowl for eating meals	<input type="checkbox"/>
2	Tea towels	<input type="checkbox"/>
1	Towel	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
3	Water bottles (1 litre per bottle <i>minimum</i> capacity)	<input type="checkbox"/>
1	Labelled personal medications – <b><i>please hand to your teacher</i></b>	<input type="checkbox"/>
1	Strapping tape if you need to strap an injury daily	<input type="checkbox"/>
1	Toothbrush & paste, hairbrush, deodorant ( <i>no aerosols</i> )	<input type="checkbox"/>
1	Insect Repellent (20% DEET is good) – <i>no aerosols</i>	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	<input type="checkbox"/>
1	<b>Hand Sanitiser (60 ml minimum) – 60% alcohol content minimum</b>	<input type="checkbox"/>
1	Wristwatch (with an alarm if possible)	<input type="checkbox"/>

***Please label all equipment with your name, especially water bottles.***

## Optional Items

- ▶ Waterproof Overpants
- ▶ Down Jacket or Vest
- ▶ Camera
- ▶ Diary/journal for writing (including a pen)
- ▶ Light book to read