

Snowsports Camp Clothing & Equipment List

Use this list to pack for camp. All the items listed below are important and must be brought on camp. Also, please make sure that all of your items of clothing and personal gear are labelled with your name.

OEG/Yarra Supplied Equipment

- All specialist safety equipment
- Emergency contact cards and lanyards
- Lift passes (except season pass holders)
- Group first aid kit
- Video Cameras

Clothing

NO	ITEM	NO	ITEM
2	T-shirts (that cover stomachs & sleeves to elbows – no singlet tops)	1	Sturdy shoes (walking boots or runners).
1	Shorts (for accommodation)	1	Slippers (for around accommodation)
1	Pair long pants	2	Thin jumpers (fleece or wool)
2	Set of thermals (polypro or wool)	4	Underwear one pair per day
4	Pairs of specific ski or woollen socks (e.g. explorers)	2	Beanies (in case one gets wet)
2	Pairs warm socks (for off the snow)	1	Fleece or wool vest
2	Water proof gloves (rotate wet pairs)		

Equipment

NO	ITEM	NO	ITEM
1	Ski helmet (compulsory)	1	Pair ski goggles
1	Skis or board + bindings	1	Pair sunglasses (preferably polarised)
1	Ski or board boots	1	Mobile phone
1	Pair stocks (skiers only)	1	Phone charger with cable and socket (labelled)
1	Warm and waterproof (at least 10K rating) ski jacket or rain jacket.	1	Pair warm and waterproof (at least 10K rating) ski pants or overpants.
1	Small day pack	3	Snaplock bags for phones and snacks
1	Snowboarding wrist guards (recommended)		

Personal Items

NO	ITEM	NO	ITEM
1	Toothbrush & paste, hairbrush, deodorant (no aerosols)	1	Soap/shampoo/conditioner
1	Sunscreen, zinc, lip balm	1	Feminine hygiene – pads & tampons
1	Towel (extra)	1	Personal First Aid kit (e.g. bandaids, roller bandage and strapping tape)
1	Labelled personal medications in a snap lock bag	1	Large plastic bag for wet gear
1	1 litre water bottles – must be named (reused soft drink bottles are suitable)		

Optional

NO.	ITEM	NO	ITEM
1	Camera	1	School work (do not bring Ipads/laptops)
1	Diary/journal for writing (+ pen)	1	Book
1	Compress tights for muscle recovery	1	Theraband or massage roller

Further Information

Some POOR choices of clothing:

- Tight fitting hipster or skinny jeans
- Singlet tops
- Short / tight shorts
- Tight fitting synthetic underwear
- Wide leg, loose fitting pants

Thin woollen jumpers or fleece

A number of thin jumpers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear as the temperature fluctuates. The air trapped between layers is most effective at keeping you warm, more so than one thick jumper.

The golden rule of any fabric is that it must keep you warm even if it is wet. Only wool and fleece will do this; cotton will actually make you colder when wet. Find jumpers with 100% wool. The best and cheapest place to purchase wool jumpers is from an Op Shop.

Thermals

Thermals are essential for outdoor use. They can be synthetic or wool and dry very quickly. If the weather is particularly wet and cold, thermals make life more comfortable. Please make sure these are not 100% cotton. *Skins* brand (and other types of compression-wear) are not the same as thermals and are inappropriate.

If you are considering purchasing or hiring equipment or clothing for this trip, we recommend using Ajay's Snow Country Sports in Heathmont. Please go in for fitting well in advance and book for all camps at once as this is a busy period for them.

MEDICATION MUST BE LABELLED WITH CLEAR INSTRUCTIONS IN A ZIPLOCK BAG AND HANDED TO A STAFF MEMBER PRIOR TO DEPARTURE.

PLEASE DO NOT BRING:

- Electronic games such as Nintendo, etc.
- School Ipads.
- Aerosol cans (eg insect repellent, deodorant or body sprays)
- Any items that are against normal school rules
- Nuts – we have a 'no nut' policy at OEG

Note to parents: Please do not allow your child to bring any of the above items.

NB: *Whilst we ask students to bring their mobile phones for emergency contact purposes this is contrary to typical OEG practice. We ask that any concerns or queries you have be delivered through the Snowsports coordinator or the designated School all hours contact. The Outdoor Education Department organises the best possible communication system (eg radio/phone/sat phone), and in the event of any situations/incidents, to prevent any confusion or double messages it is vitally important that the official communication methods are the only means used.*

Thank you for your support.