

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 | Water shoes to wear during overwater initiatives (must be close toed, no crocs) | <input type="checkbox"/> |
| 3 | Socks – Thick “Explorer” type socks are highly recommended | <input type="checkbox"/> |
| 3 | 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"/> |
| 1 | Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS | <input type="checkbox"/> |
| 1 | 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/jackets – Thick and Warm – No cotton jumpers | <input type="checkbox"/> |
| 1 | Sun Hat | <input type="checkbox"/> |
| 1 | Beanie | <input type="checkbox"/> |

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"/> |
| 1 | Sleeping Bag Liner | <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"/> |
| 1 | Cleaning sponge | <input type="checkbox"/> |
| 2 | “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 (old) | <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
- ▶ Food