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) |  |
| 1 | Comfortable shoes for around camp – Must be closed toe, no thongs or slippers |  |
| 5 | Socks – Wool, Thick “Explorer” type socks are highly recommended |  |
| 5 | Underwear (1 pair per day max) |  |
| 2 | Thermals – Wool or Synthetic, not cotton |  |
| 1 or 2 | Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS |  |
| 1 or 2 | Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS |  |
| 1 or 2 | Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible |  |
| 1 or2 | Short Sleeved Shirts with collar – Sports shirts are great |  |
| 2 | Fleece or Wool jumpers – Thick and Warm – No cotton jumpers |  |
| 1 | Broad Brim Sun Hat |  |
| 1 | Beanie |  |
| 1 | Warm Gloves |  |

\*NO COTTON – NO AEROSOLS – NO NUTS\*

**Equipment**

|  |  |  |
| --- | --- | --- |
| **Quantity** | **Item** | **Check** |
| 1 | Sleeping Bag – Synthetic or Down. Comfort rating to -5 degrees or below |  |
| 1 | Sleeping Bag Liner (optional but great for extra warmth) |  |
| 3 | Orange “Multix” Brand Garbage Bags |  |
| 3 | Green or black garbage bags |  |
| 1 | Strong fork & spoon ONLY |  |
| 1 | Strong plastic bowl and mug |  |
| 1 | Tea towel |  |
| 3 | “Scotchbrite” Green Scourers |  |
| 1 | Chux cloth |  |
| 3 | Large Snaplock Bags |  |
| 1 | Head torch and spare batteries |  |
| 1 | Sunglasses (old) |  |
| 1 | Whistle (on cord) |  |
| 1 | Matches in waterproof container |  |
| 1 | Trail Mix (no nuts, no wrapped lollies) Portioned into individual days is useful |  |
| 3 | Water bottles (minimum 1 litre capacity each bottle) |  |
| 1 | Lunch for Day 1 – No nuts |  |

**Personal Items**

|  |  |  |
| --- | --- | --- |
| **Quantity** | **Item** | **Check** |
| 1 | Roll of toilet paper (double bagged in two snaplock bags) |  |
| 1 | Toothbrush & paste, deodorant (no aerosols) |  |
| 1 | Insect Repellent (20% DEET is good) (no aerosols) |  |
| 1 | Small towel (optional) |  |
| 1 | Sunscreen, zinc, lip balm |  |
| 1 | Labelled personal medications |  |

**Optional**

|  |
| --- |
| * Camera (in two plastic bags) |
| * Diary/journal for writing (including a pen) |
| * Book to read * Personal first aid kit * Compass |

**OEG will provide the following**

|  |
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| * 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 |