

CHECKLIST

Please make sure you bring all items below. Remember, you may be carrying everything in your pack so make sure items are lightweight and warm for night-time.

Cotton clothing is not recommended as it can take a long time to dry and doesn't retain body heat if wet.

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 – Thick “Explorer” type socks are highly 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"/>
2	Shorts – Board Shorts or Sports Shorts are perfect (No short shorts)	<input type="checkbox"/>
2	Long Sleeved Shirts with collar – Synthetic (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	<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"/>
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 (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
- ▶ Waterproof pants and jacket
- ▶ Gaiters (lower leg protection for hiking)
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks
- ▶ Food