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 | [ ]  |
| 7 | Socks – Wool, Thick “Explorer” type socks are highly recommended | [ ]  |
| 7 | Underwear (1 pair per day max) | [ ]  |
| 2 | Thermals – Wool or Synthetic, not cotton | [ ]  |
| 2 | Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS | [ ]  |
| 2 | Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS | [ ]  |
| 2 | Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible | [ ]  |
| 2 | 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**

|  |
| --- |
| * 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
 |