

## CLOTHING AND EQUIPMENT LIST

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.

**Don't forget to bring lunch and snacks on Day 1.**

### Clothing

Quantity	Item	Check
1	Walking Shoes or Runners	
1	Water shoes (Old runners are great – no thongs)	
1 pair per day	Socks	
1 pair per day	Underwear	
2	Long pants - NO JEANS	
2	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	
2	Long Sleeved Shirts preferably with collar	
4	Short Sleeved Shirts preferably with collar – Sports shirts are great, NO SINGLETS	
2	Fleece or Wool jumpers – Lightweight and Warm	
1	Broad Brim Sun Hat	
1	Beanie	

### Personal Items

Quantity	Item	Check
1	Roll of toilet paper in 2 snap lock bags	
1	Toothbrush & paste, hairbrush, deodorant (no aerosols)	
1	Insect Repellent (20% DEET is good) (no aerosols)	
1	Small towel or chamois	
1	Sunscreen, zinc, lip balm	
1	Labelled personal medications	
1	Feminine hygiene products	

## Equipment

Quantity	Item	Check
1	Day Pack – Large enough to carry rain gear, water bottles and snacks	
1	Sleeping Bag – Synthetic or Down. Rated to -5 degrees or below preferred.	
1	Shopping bags for dirty clothes	
1	Small torch and spare batteries	
1	Plate, bowl, fork, spoon	
1	Water bottles (1 litre per bottle minimum capacity)	

## Optional Items:

- ▶ Diary/journal for writing (including a pen)
- ▶ Light book to read

## OEG will provide the following:

- ▶ Waterproof pants and jacket
- ▶ All specialist safety equipment