

THE OUTDOOR EDUCATION GROUP ▲

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.

Clothing

Quantity	Item	Check
1	Walking Shoes or Runners (Should have good grip and be worn in. No elastic sided boots, skate shoes or plimsolls)	<input type="checkbox"/>
1	Comfortable shoes for around camp – Must be closed toe, no thongs or slippers	<input type="checkbox"/>
1	Raincoat with a hood (proofed nylon, dry japara are good – thigh length)	<input type="checkbox"/>
1 pair/day	Socks – “Explorer” type socks are highly recommended	<input type="checkbox"/>
1 pair/day	Underwear	<input type="checkbox"/>
1	Bathers (no bikinis)	<input type="checkbox"/>
2 pairs	Thermals – Wool or Synthetic, not cotton – pants & long sleeved top: <i>please note, 1 pair is specifically for canoeing.</i>	<input type="checkbox"/>
2 pairs	Thermals – Wool or Synthetic, not cotton. Long sleeved top & long pants	<input type="checkbox"/>
2	Long pants – loose fitting for insect protection, e.g., tracksuit pants. NO JEANS	<input type="checkbox"/>
2	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	<input type="checkbox"/>
1	Long Sleeved Shirt with collar	<input type="checkbox"/>
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS	<input type="checkbox"/>
2	Fleece or Wool jumpers – Thick and Warm – No cotton jumpers	<input type="checkbox"/>
1	Broad Brim Sun Hat	<input type="checkbox"/>
1	Beanie	<input type="checkbox"/>

Personal Items

1	Labelled personal medications – <i>please hand to your teacher</i>	<input type="checkbox"/>
1	Hand sanitiser (60ml minimum & 60% minimum alcohol content)	<input type="checkbox"/>
1	Strapping tape if you need to strap an injury daily	<input type="checkbox"/>
1	Toothbrush & paste, hairbrush, deodorant (no aerosols)	<input type="checkbox"/>
1	Insect Repellent (20% DEET is good) (no aerosols)	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	<input type="checkbox"/>
1	Feminine hygiene – sanitary items & handwipes even if you are not expecting to have to use them (<i>we recommend sourcing wipes that are 100% biodegradable, e.g., Wotnot, JAK, Joonya or Burt’s Bees</i>)	<input type="checkbox"/>
1	<i>OPTIONAL</i> – Flannel for “bush bathing”	
1	Wristwatch (with an alarm if possible)	<input type="checkbox"/>

Equipment

Quantity	Item	Check
1	Lunch for Day 1 – NO NUTS!	<input type="checkbox"/>
1	Sleeping Bag in its stuff sack – Synthetic or Down. Rated to 0 or -5 degrees or below	<input type="checkbox"/>
1	Sleeping Mat (closed cell foam, no more than 10mm thickness & size 50cm x 180cm) – No Yoga Mats!	<input type="checkbox"/>
3	Strong (orange “Multix” Brand) garbage bags	<input type="checkbox"/>
3	Large snaplock bags (for waterproofing clothes)	<input type="checkbox"/>
1	Strong fork and spoon	<input type="checkbox"/>
1	Mug (camping style – non breakable)	<input type="checkbox"/>
1	Strong plastic bowl for eating meals	<input type="checkbox"/>
1	Tea towel	<input type="checkbox"/>
1	Small towel or chamois	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
1	Whistle (on cord)	<input type="checkbox"/>
3	Water bottles (1 litre per bottle minimum capacity)	<input type="checkbox"/>

Those who wear glasses - please bring a glasses retaining strap and, if possible, a spare pair of glasses.

Please label all equipment with your name, especially water bottles.

OEG will provide the following

- ▶ Tents and Tarps
- ▶ Expedition Backpacks
- ▶ Lightweight stoves and Fuel
- ▶ Cooking vessels & utensils
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit – ***Please do NOT bring your own First Aid Kit***

Optional Items

- ▶ Camera in a snap lock bag
- ▶ Diary/journal for writing (including a pen)
- ▶ Light book to read – in a Snaplock bag
- ▶ Waterproof overpants