

## CHECKLIST FOR HIKE/CANOE (15 DAYS)

All the items listed below are important and should be lightweight and warm. Remember you will have to pack everything into 1 pack that you need to carry.

Avoid cotton clothing where possible, as when it gets wet it don't retain body heat and takes a long time to dry (compared to synthetic material).

### 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"/>
1	Shoes to wear in the water – Must be closed toe and firmly fitted (no crocs)	
7	Socks – Thick “Explorer” type socks are highly recommended	<input type="checkbox"/>
1 each day	Underwear	<input type="checkbox"/>
2	Thermals – Wool or Synthetic, not cotton	<input type="checkbox"/>
1 set	Quick-dry Top and shorts to wear canoeing- can wear bathers underneath	
4	Long pants – Synthetic are best, zip off pants are very useful-No jeans	<input type="checkbox"/>
2	Shorts – should be knee length to protect legs against cuts/scrapes while doing activities	<input type="checkbox"/>
3	Long Sleeved Shirts with collar – Synthetic, avoid cotton where possible	<input type="checkbox"/>
3	Short Sleeved Shirts with collar – Synthetic Sports shirts are great	<input type="checkbox"/>
3	Fleece or Wool jumpers/jackets – Thick and Warm – No cotton jumpers	<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 Zero degrees or below	<input type="checkbox"/>
1	Sleeping Bag Liner	<input type="checkbox"/>
3	Strong Orange “Multix” Brand Garbage Bags (used to line packs for waterproofing)	<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"/>
3	Tea towel	<input type="checkbox"/>
3	Cleaning sponge	<input type="checkbox"/>
3	“Scotchbrite” Green Scourers	<input type="checkbox"/>
2	Chux cloth	<input type="checkbox"/>
6	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)	<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"/>
2	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
- ▶ Water proof pants and jacket
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks
- ▶ Food