

CLOTHING AND EQUIPMENT LIST -Aquinas College Year 9 Odyssey

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 Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in – <i>no elastic sided boots, skate shoes, Volleys or plimsolls</i>)	<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 – <i>no ankle socks</i>	<input type="checkbox"/>
1 pair/day	Underwear	<input type="checkbox"/>
1	Thermal Long Sleeved Top– Wool or Synthetic, <i>not cotton.</i>	<input type="checkbox"/>
1	Long pants – loose fitting for insect protection. NO JEANS	<input type="checkbox"/>
2	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	<input type="checkbox"/>
1	Long Sleeved Shirts with collar – Cotton or cotton blend preferable	<input type="checkbox"/>
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETs	<input type="checkbox"/>
2	Fleece or Wool / Wool Mix 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	Small (60 ml minimum) Hand Sanitiser – minimum 60% alcohol content	<input type="checkbox"/>
1	Strapping tape if you need to strap an injury daily	<input type="checkbox"/>
1	Toothbrush & paste, hairbrush, deodorant (<i>no aerosols</i>)	<input type="checkbox"/>
1	Insect Repellent (20% DEET is good) – <i>no aerosols</i>	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	<input type="checkbox"/>
1	Wristwatch (with an alarm if possible)	<input type="checkbox"/>

Equipment

Quantity	Item	Check
1	Lunch for Day 1 – <i>NO NUTS!</i>	<input type="checkbox"/>
1	Sleeping Bag – 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) – <i>No Yoga Mats!</i>	<input type="checkbox"/>
1	Strong (orange “Multix” Brand) garbage bags	<input type="checkbox"/>
2	Large snaplock bags to waterproof 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"/>
2	Tea towels	<input type="checkbox"/>
1	Small towel or chamois	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
1	Whistle (on cord) – for use on Solo only	<input type="checkbox"/>
3	Water bottles (1 litre per bottle <i>minimum</i> 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 & Tarps
- Backpacks
- Lightweight Stoves & Fuel
- Maps & Compasses
- All specialist safety equipment
- Group First Aid Kit – ***please do NOT bring your own 1st aid supplies***

Optional Items

- Waterproof Overpants
- Down Jacket or Vest
- Camera in two plastic bags
- Diary/journal for writing (including a pen)
- Light book to read – in two Snaplock bags