

THE OUTDOOR EDUCATION GROUP ▲ HIKE & WATER CHECKLIST (4 day journey)

HANDY HINTS:

- All equipment and clothing should be compact and lightweight
- Choose clothing materials which are quick drying (synthetic materials). Cotton doesn't retain body heat if wet and takes a long time to dry.
- The layer principal for clothing is important, dress in a number of thin layers rather than a couple of bulky layers.
- Space is limited, you carry everything on your back. Only bring the essentials we have listed. * NO AEROSOLS – NO NUTS*

Clothing

Quantity	Item		Check
1	Sturdy walking shoes	Used during the activities. 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 for water activities	Old runners are great. Must be fastened to foot and closed toe. No crocs.	<input type="checkbox"/>
1 per day	Socks	Thick "Explorer" type socks are highly recommended	<input type="checkbox"/>
1 per day	Underwear		<input type="checkbox"/>
1	Thermals	Wool or Synthetic to retain body heat even if they get wet (Not cotton)	<input type="checkbox"/>
2	Long pants	Synthetic are best, zip off cargo pants are useful. No jeans, as they won't dry if wet	<input type="checkbox"/>
2	Lightweight Shorts	No short shorts as they don't protect your legs when walking through the bush	<input type="checkbox"/>
1	Water Top & Shorts	Quick dry are best (rash vest and boardies) you can wear bathers underneath	<input type="checkbox"/>
2	Long Sleeved Shirts with collar	Synthetic and lightweight	<input type="checkbox"/>
2	Short Sleeved Top with collar	Sports shirts are great	<input type="checkbox"/>
2	Fleece or Wool jumper/jacket	Go for warmth not fashion	<input type="checkbox"/>
1	Sun Hat	Broad brim for sun protection	<input type="checkbox"/>
1	PJ's	Best to be a pair of shorts & shirt you have already packed to minimize the amount of clothing	<input type="checkbox"/>

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Equipment

Quantity	Item		Check
1	Sleeping Bag	Synthetic or Down filling. Comfort rating to ZERO degrees or below. Make sure you practice stuffing the sleeping bag into the case	<input type="checkbox"/>
1	Sleeping Bag Liner	Can add warmth and keeps the inside of your sleeping bag cleaner	<input type="checkbox"/>
1	Pillowcase	To stuff clothing into for a pillow	<input type="checkbox"/>
5	Orange "Multix" Brand Garbage Bags	For waterproofing	<input type="checkbox"/>
3	Green or black garbage bags	For garbage/dirty clothes	<input type="checkbox"/>
1	Strong fork & spoon ONLY		<input type="checkbox"/>
1	Strong plastic bowl and mug	Your will be cooking outside in small groups	<input type="checkbox"/>
2	Tea towel	To dry your eating equipment	<input type="checkbox"/>
1	Cleaning sponge	For cleaning your eating equipment	<input type="checkbox"/>
2	"Scotchbrite" Green Scourers		<input type="checkbox"/>
1	Chux cloth		<input type="checkbox"/>
3	Large Snaplock Bags	To put lunch in	<input type="checkbox"/>
1	Head torch and spare batteries	LED head torch are brighter and lightweight. Red light is best for nighttime	<input type="checkbox"/>
1	Sunglasses (old)	With neck strap- sunglasses do sink!	<input type="checkbox"/>
1	Whistle (on cord)	Orange Emergency whistles are great	<input type="checkbox"/>
1	Matches in waterproof container	Extra Long work best	<input type="checkbox"/>
1	Trail Mix (no nuts)	e.g. Dried fruit, smarties, seeds, pretzels. Portioned into individual days is useful	<input type="checkbox"/>
3	Water bottles	minimum 1 litre capacity each bottle	<input type="checkbox"/>
1	Lunch for Day 1 – No nuts	Lunch will be had in the bush- limit packaging as you will carry all garbage with you	<input type="checkbox"/>

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Personal Items

Quantity	Item		Check
1	Roll of toilet paper	Double bagged in two snaplock bags	<input type="checkbox"/>
1	Toothbrush & paste, soap, deodorant (no aerosols)	Non-electric toothbrush	<input type="checkbox"/>
1	Personal 1st aid kit	e.g. bandaids (for cuts or blisters), roller bandage/ strapping tape if you require it	<input type="checkbox"/>
1	Insect Repellent	Repellent (20% DEET is good) no aerosols- roll on or cream	<input type="checkbox"/>
1	Small towel or chamois		<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	30+ SPF	<input type="checkbox"/>
1	Labelled personal medications	To be given to teachers with instructions	<input type="checkbox"/>
1	Feminine hygiene – pads & tampons and handwipes	Waterproof in a snaplock bag	<input type="checkbox"/>

Optional:

- ▶ Warm Gloves
- ▶ Down Jacket or Vest
- ▶ Camera (in two plastic bags)
- ▶ Diary/journal for writing (including a pen)
- ▶ Book to read

OEG will provide the following:

- ▶ Tents and Tarp and sleeping mat
- ▶ Water proof pants and jacket
- ▶ Gaiters (lower leg protection for hiking)
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks
- ▶ Food