



Year 7 Camp

Clothing & 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. Take this with you when you are packing and use it as a checklist. Please label all items.

CLOTHING

✓	NO.	ITEM	✓	NO.	ITEM
	1	Sturdy hiking boots, walking shoes or runners (should have good grip and be worn in)		1	Comfortable shoes for around camp (must be closed toe, no thongs or slippers)
	1	Water shoes – closed toe and can be tightened to foot (old runners are great – no thongs or crocs)		2	Shorts – Board Shorts or Sport Shorts are ideal – NO SHORT SHORTS
	2	Long Sleeve Shirts with collar – Synthetic, avoid cotton where possible		2	Pair long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS
	2	Short Sleeved Shirts with collar – Sport shirts are great, NO SINGLETS		2	Thermals – Wool or Synthetic, not cotton
	2	Fleece or Wool Jumpers – thick and warm – No cotton jumpers		5	Socks – thick ‘Explorer’ type highly recommended
	6	Underwear		1	Broad Brimmed Sun hat
	1	Bathers (no bikinis)		1	Beanie

EQUIPMENT

✓	NO.	ITEM	✓	NO.	ITEM
	1	Sleeping Bag – Synthetic or down. Rated to 0 degrees or below		3	Strong (orange ‘Multix’ brand) garbage bags
	1	Sleeping bag liner		3	Green or black garbage bags – large
	1	Strong fork and spoon		1	Soapy Jex pads
	1	Mug		1	‘Scotchbrite’ style Green Scourers
	1	Strong plastic bowl		1	Chux cloth
	1	Tea towel		3	Large Snaplock Bags
	1	Matches in waterproof container or snaplock bag (extra-long is best)		1	Sunglasses (old – polarised does help)
	1	Whistle (on cord)		1	Head torch and spare batteries
	1	Packed lunch for Day 1		2-3	Water bottles (1 litre per bottle minimum capacity. 3L capacity total)

PERSONAL ITEMS

✓	NO.	ITEM	✓	NO.	ITEM
	1	Roll of toilet paper (double bagged in two snaplock bags)		1	Personal first aid kit (eg. Band aids, roller bandage, strapping tape)
	1	Toothbrush and paste, hairbrush, deodorant (no aerosols)		1	Insect Repellent (20% DEET is good) (no aerosols)
	1	Sunscreen, zinc, lip balm		1	Small towel or chamois
	1	Feminine hygiene – pads, tampons & handwipes (waterproof in a snaplock bag)		1	Labelled personal medications
			1	Small travel size hand sanitiser	



OPTIONAL ITEMS

✓	NO.	ITEM	✓	NO.	ITEM
	1	Long sleeved rash vest		1	Camera in two snaplock bags
	1	Light book to read in two snaplock bags		1	Neck warmer, buff or scarf – not cotton
	1	Diary/journal for writing and pen			

OEG WILL PROVIDE THE FOLLOWING ITEMS:

- Tents & tarps
- Sleeping mat
- Waterproof pants and jacket
- Lightweight stoves and Fuel
- Maps and Compasses
- All specialist safety equipment
- Group first aid kit
- Hiking back packs

PLEASE DO NOT BRING:

- Mobile phones / iPad
- Makeup
- iPods or MP3 players etc.
- Gum
- Nuts or nut products