

Year 8 Camp Clothing & Equipment List

Use this list to pack for camp. All the items listed below are important and must be brought on camp. Also, please make sure that all of your items of clothing and personal gear are labelled with your name.

OEG Supplied Equipment

- Tents and tarps
- Water proof pants and jacket
- All specialist safety equipment
- Group first aid kit
- Sleeping mat
- Lightweight stoves and Fuel
- Maps and compasses
- Backpacks

Clothing

	✓	NO.	ITEM		✓	NO.	ITEM
		2	T-shirts (that cover stomachs & sleeves to elbows – no singlet tops)			1	Sturdy shoes (walking boots or runners).
		1	Long sleeve shirt with collar for sun protection			1	Water shoes (old runners will do)
		1	Pair long pants NO JEANS			2	Warm jumpers (fleece or wool)
		2	Set of thermals (polypro or wool)			4	Underwear one pair per day
		4	Pairs of Woollen socks (e.g. explorers)			1	Hat
		1	Bathers (no bikinis) feel free to include a rash vest if you have one			1	Beanie & gloves
		2	Shorts (no denim allowed)				

Equipment

	✓	NO.	ITEM		✓	NO.	ITEM
		1	Sleeping bag (it will be cold on camp, must be rated to at least -5)			1	Torch and spare batteries (head torch is recommended)
		1	Sleeping bag liner			2pkt	Orange garbage bags
		1	Mess kit: (plastic plate, bowl, mug, knife, fork, spoon and a tea towel)			1	Whistle (on cord)
		3	Scotch brite scour pad (heavy duty)			3	Plastic shopping bags

Personal Items

	✓	NO.	ITEM		✓	NO.	ITEM
		1	Roll of toilet paper (double bagged in two snaplock bags)			1	Personal First Aid kit (e.g. bandaids, roller bandage and strapping tape)
		1	Toothbrush & paste, hairbrush, deodorant (no aerosols)			1	Insect repellent (20% DEET is good) (no aerosols)
		1	Small towel or chamois			1	Sunscreen, zinc, lip balm
		1	Labelled personal medications in a snap lock bag			1	Feminine hygiene – pads & tampons and handwipes (waterproof in a snaplock bag)
		1	Small pack soap/shampoo/conditioner			1	Lunch for Day 1
		2	1 litre water bottles – (must be named)			1	Personal hand sanitiser

Optional

	✓	NO.	ITEM		✓	NO.	ITEM
		1	Camera			1	Sunglasses
			Diary/journal for writing (including a pen)				

Further Information

Some POOR choices of clothing:

- Tight fitting hipster or skinny jeans
- Singlet tops
- Short / tight shorts
- Bulky clothing
- Wide leg, loose fitting pants
- Any clothes you don't want to get dirty or wet!

Thin woollen jumpers or fleece

A number of thin jumpers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear as the temperature fluctuates. The air trapped between layers is more effective at keeping you warm compared with one thick jumper.

The golden rule of any fabric is that it must keep you warm even if it is wet. Only wool and fleece will do this; cotton will actually make you colder when wet. Find jumpers with 100% wool. The best and cheapest place to purchase wool jumpers is from an Op Shop.

Thermals

Thermals are essential for outdoor use; they can be synthetic or wool and dry very quickly. If the weather is particularly wet and cold, thermals will keep you warm and comfortable. You will need one set for day wear and one set for sleeping in. Please make sure these are not cotton.

Skins brand (and other types of compression-wear) are not the same as thermals and are inappropriate as thermals. Students may bring these items, however they are not to replace the two sets of thermals.

If you are considering purchasing equipment or clothing for this trip, one suggestion is to use a company such as One Planet. The Outdoor Education Group has partnered with One Planet to create a simple and easy online ordering system. You can select all your personal equipment needs and your purchases are delivered directly to your home. Delivery usually takes between one – two weeks; for more information please visit their website at: <http://www.camplist.com.au/>

**MEDICATION MUST BE LABELLED WITH CLEAR INSTRUCTIONS IN A ZIPLOCK BAG
AND HANDED TO YOUR TUTOR PRIOR TO DEPARTURE.**

PLEASE DO NOT BRING:

- Mobile phones or other electronic devices
- Aerosol cans (eg insect repellent, deodorant or body sprays)
- Any items that are against normal school rules
- Lollies – there will be plenty of food
- Nuts – we have a 'no obvious nut' policy at OEG

Note to parents: Please do not allow your child to bring any of the above items, especially mobile phones. We have experienced difficulty in the past with phones being lost/damaged etc. The Outdoor Education Group organises the best possible communication system (eg radio/phone/sat phone), and in the event of any situations/incidents, to prevent any confusion or double messages it is vitally important that the official communication methods are the only means used.

Thank you for your support.