

Year 7 Outdoor Education Program Clothing & Equipment List

Please read the following carefully! It is vitally important from the point of view of both your safety and enjoyment that you take with you everything that is on this list and of course you don't take things that are not on the list.

Also, please make sure that all of your items of clothing and personal gear are labelled with your name.

Clothing

✓	NO.	ITEM	✓	NO.	ITEM
	4	T-shirts (that cover stomachs & sleeves to elbows – no singlet tops)		1	Sturdy shoes (boots or runners) for activities around camp
	1	Set of thermals (polypro or wool) Important as alpine weather can get very cold at night		2	Shorts (no denim allowed)
	1	Long sleeve shirt with collar for sun protection		1	Wide brimmed sun hat (no peaked caps)
	1	Pair long pants NO JEANS		2	warm jumpers (fleece or wool) Important as alpine weather can get very cold at night
	6	Pairs socks		6	Underwear
	1	Set of pyjamas		1	Pair of old sneakers/runners: (these will become wet)
	1	Bathers (no bikinis) feel free to include a rash vest if you have one			
	1	Pair of thongs (for showers)			

Equipment

✓	NO.	ITEM	✓	NO.	ITEM
	2	Large plastic bags for wet/dirty clothing		1	Torch and spare batteries (head torch is recommended)
	1	Pillow		1	Sleeping bag
	1	Re-usable bag for carrying food, eg green bag or pillow case.		1	Tea towel and Scotch Brite scourer.
	1	Bowl, plate, spoon, fork, knife, cup		2	'Multix' Orange garden bags (specific for waterproofing packs)

Personal Items

✓	NO.	ITEMS	✓	NO.	ITEM
	1	Shampoo & conditioner		1	Hair brush and/or comb
	1	Toothbrush & paste		1	Insect repellent (20% DEET is good - no aerosols, roll on is ideal)
	1	Towel		1	Sunscreen SPF 50+, zinc, lip balm
	1	Deodorant (no aerosols – roll on is ideal)		1	Labelled personal medications in a snap lock bag
		Soap		1	Fitted sheet
	1	Personal Hand Sanitiser			

In a small day bag for the bus:

✓	NO.	ITEM	✓	NO.	ITEM
	1	Packed lunch for the first day		2	1 litre water bottles – must be named (reused soft drink bottles are suitable)
	1	Snack for the first day		1	Jumper

Optional

✓	NO.	ITEM	✓	NO.	ITEM
	1	Camera			Diary/journal for writing (include pens/pencils)
	1	Book to read		1	Sunglasses
		Compression tights (these do not replace your thermals)			

Further Information

Some POOR choices of clothing:

- Denim
- Tight fitting hipster or skinny pants
- 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.