

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 Hiking Boots	Sturdy Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in) If you don't have your Trek Boots yet, there is still time. If you do, only bring them if they are worn in.	<input type="checkbox"/>
1	Comfortable shoes for around camp	Must be closed toe, no thongs or slippers	<input type="checkbox"/>
1 per day	Socks	Thick "Explorer" type socks are highly recommended	<input type="checkbox"/>
1 per day	Underwear		<input type="checkbox"/>
2	Thermals	Wool or Synthetic, not cotton. 1 set = 1 long sleeve top and 1 long pants.	<input type="checkbox"/>
1	Long pants	Synthetic are best, zip off cargo pants are useful. No jeans, as they won't dry if wet	<input type="checkbox"/>
1	Lightweight Shorts	No short shorts as they don't protect your legs when walking through the bush	<input type="checkbox"/>
2	Long Sleeved Shirts with collar	Synthetic and lightweight	<input type="checkbox"/>
1	Short Sleeved Top with collar	Sports shirts are great	<input type="checkbox"/>
2	Fleece or Wool jumper/jacket	Go for warmth not fashion. No cotton	<input type="checkbox"/>
1	Sun Hat	Broad brim for sun protection	<input type="checkbox"/>
1	PJ's	Best to be shorts & shirt you have already packed to minimise clothes	<input type="checkbox"/>

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 its 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"/>
3	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	You will be cooking dinner outside in small groups	<input type="checkbox"/>
2	Tea towel	For drying your eating equipment	<input type="checkbox"/>
1	Cleaning sponge	e.g) Soapy Jex pads	<input type="checkbox"/>
2	“Scotchbrite” Green Scourers	For cleaning your cooking equipment	<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	<input type="checkbox"/>
1	Whistle (on cord)	Orange Emergency whistle work well	<input type="checkbox"/>
1	Matches in waterproof container	Extra-long size	<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"/>

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 supplies	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	SPF 30+ and above	<input type="checkbox"/>
1	Labelled personal medications	To be given to teachers with a note from parents about administration	<input type="checkbox"/>
1	Feminine hygiene – pads & tampons and handwipes	Be prepared just in case. Waterproof items in a snaplock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

Optional:

- ▶ Warm Gloves
- ▶ Beanie
- ▶ 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
- ▶ Waterproof 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