

## CLOTHING AND 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.

**Please bring lunch and snacks on Day 1.**

### Clothing

Quantity	Item	Check
1	Walking Shoes or Runners (Should have good grip and be worn in)	
1	Water shoes (Old runners are great – no thongs)	
1 pair per day	Socks – “Explorer” type socks are highly recommended	
1 pair per day	Underwear	
1	Swimming Costume (no bikinis)	
2	Thermals – Wool or Synthetic, not cotton	
2	Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS	
1	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	
2	Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible	
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS	
2	Fleece or Wool jumpers – Lightweight and Warm – No cotton jumpers	
1	Broad Brim Sun Hat	
1	Beanie	

### Personal Items

Quantity	Item	Check
1	Roll of toilet paper (double bagged in two snaplock bags)	
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	
1	Feminine Hygiene Products	

## Equipment

Quantity	Item	Check
1	Sleeping Bag – Synthetic or Down. Rated to 0 or -5 degrees or below	
3	Strong (orange “Multix” Brand) garbage bags	
1	Green or black garbage bags – large	
2	Green recyclable shopping bags	
1	Strong fork and spoon	
1	Strong plastic Bowl and/or plate and mug – large	
1	Cleaning Kit including soapy steel wool, green scourer, chux cloth and tea towel	
1	Head torch and spare batteries	
1	Sunglasses – Dark tint or polarised	
1	Whistle (on cord)	
2	Water bottles (1 litre per bottle minimum capacity)	

## Optional Items

- ▶ Camera in two plastic bags
- ▶ Diary/journal for writing (including a pen)
- ▶ Light book to read – in two Snaplock bags

## OEG will provide the following

- ▶ Tents and Tarps
- ▶ Sleeping mat
- ▶ Water proof pants and jacket
- ▶ Lightweight stoves and fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks