

Haileybury College Clothing & Equipment List

Grampians 10 x Day – Climbing/Bushwalking

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 | Should be worn in and have good grip | <input type="checkbox"/> |
| 1 | Sneakers for camp | Must be closed toe, no thongs or slippers. E.g. Sport shoes, sneakers – lightweight! | <input type="checkbox"/> |
| 3-4 pairs | Hiking Socks | Hiking socks keep dry and fresh better. If not hiking socks, bring a few extras. 1 thick pair for at night. | <input type="checkbox"/> |
| 1 per day | Underwear | | <input type="checkbox"/> |
| 2 | Thermals | Wool or Synthetic to retain body heat even if they get wet. No cotton. 1 for day. 1 for night. | <input type="checkbox"/> |
| 2 | Long pants | Synthetic are best, zip off cargo pants are useful. No jeans, as they won't dry if wet | <input type="checkbox"/> |
| 2 | Lightweight Shorts (optional) | Not too short. Quick dry. No denim. | <input type="checkbox"/> |
| 3 | Long Sleeved Shirts with collar | Synthetic and lightweight | <input type="checkbox"/> |
| 3 | Short Sleeved Top with collar | Active wear material. | <input type="checkbox"/> |
| 2 | 2 Warm layers | E.g. fleece jumper, outdoors jumper, or jacket. Go for warmth not fashion. No cotton | <input type="checkbox"/> |
| 1 | Sun Hat | Broad brim for sun protection | <input type="checkbox"/> |
| 1 | Beanie | | <input type="checkbox"/> |

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| 1 | PJ's | Best to double up – use your shorts & shirt or thermals you have already packed to minimise clothes. Specific pyjamas optional. | <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 (optional) | 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"/> |
| 1 | Tea towel | For drying your eating equipment | <input type="checkbox"/> |
| 2 | Cleaning sponge | | <input type="checkbox"/> |
| 2 | “Scotchbrite” Green Scourers | For cleaning your cooking equipment | <input type="checkbox"/> |
| 2 | Chux cloth | | <input type="checkbox"/> |
| 4 | 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 strap | <input type="checkbox"/> |

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| 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"/> |
| 2-3 | Water bottles | Min 3L capacity total. 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"/> |
| 1 | Diary/journal & pen | For activities and reflections. Small and lightweight in a ziplock bag | <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 | Quick dry towel that packs small | <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. See feminine hygiene document on the school portal for more info. | <input type="checkbox"/> |

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Optional:

- ▶ Shorts
- ▶ Pyjamas
- ▶ Warm Gloves
- ▶ Down Jacket or Vest
- ▶ Camera (in two plastic bags)
- ▶ Book to read
- ▶ Sleeping bag liner

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