

Western Australia 10 x Day – Bushwalking/Surfing/Caving and more!

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	Comfortable shoes for around camp	Must be closed toe, no thongs or slippers	<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	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"/>

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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	“Scotchbrite” Green Scourers	For cleaning your cooking equipment	<input type="checkbox"/>
2	Large Snaplock Bags		<input type="checkbox"/>
1	Grocery store plastic bag	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"/>
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"/>

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2-3	Water bottles	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
- ▶ Beanie
- ▶ 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