

# Haileybury College Clothing & Equipment List

## Lake Eildon 10 x Day – Canoeing/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	<b>Sturdy Hiking Boots</b>	Should be worn in and have good grip	<input type="checkbox"/>
1	<b>Shoes for water activities</b>	Old runners are great. Must be fastened to foot and closed toe. No crocs.	<input type="checkbox"/>
1	<b>Close toe sandal for camp (optional)</b>	Not to be used for activities (walking or canoeing) but can be used at camp to air out feet. Needs to be closed toe. Crocs ok for this.	<input type="checkbox"/>
3-4 pairs	<b>Hiking Socks</b>	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	<b>Underwear</b>		<input type="checkbox"/>
2	<b>Thermals</b>	Wool or Synthetic to retain body heat even if they get wet. No cotton. 1 for day. 1 for night.	<input type="checkbox"/>
2	<b>Long pants</b>	Synthetic are best, zip off cargo pants are useful. No jeans, as they won't dry if wet	<input type="checkbox"/>
2	<b>Lightweight Shorts (optional)</b>	Not too short. Quick dry. No denim.	<input type="checkbox"/>
3	<b>Long Sleeved Shirts with collar</b>	Synthetic and lightweight	<input type="checkbox"/>
3	<b>Short Sleeved Top with collar</b>	Active wear material.	<input type="checkbox"/>
2	<b>2 Warm layers</b>	E.g. fleece jumper, outdoors jumper, or jacket. Go for warmth not fashion. No cotton	<input type="checkbox"/>
1	<b>Sun Hat</b>	Broad brim for sun protection	<input type="checkbox"/>

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<b>1</b>	<b>Beanie</b>		<input type="checkbox"/>
<b>1</b>	<b>PJ's</b>	Best to double up – use your shorts & shirt or thermals you have already packed to minimise clothes. Specific pyjamas optional.	<input type="checkbox"/>

### Equipment

<b>Quantity</b>	<b>Item</b>		<b>Check</b>
<b>1</b>	<b>Sleeping Bag</b>	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"/>
<b>1</b>	<b>Sleeping Bag Liner (optional)</b>	Can add warmth and keeps the inside of your sleeping bag cleaner	<input type="checkbox"/>
<b>1</b>	<b>Pillowcase</b>	To stuff clothing into for a pillow	<input type="checkbox"/>
<b>3</b>	<b>Orange “Multix” Brand Garbage Bags</b>	For waterproofing	<input type="checkbox"/>
<b>3</b>	<b>Green or black garbage bags</b>	For garbage/dirty clothes	<input type="checkbox"/>
<b>1</b>	<b>Strong fork &amp; spoon ONLY</b>		<input type="checkbox"/>
<b>1</b>	<b>Strong plastic bowl and mug</b>	You will be cooking dinner outside in small groups	<input type="checkbox"/>
<b>1</b>	<b>Tea towel</b>	For drying your eating equipment	<input type="checkbox"/>
<b>2</b>	<b>“Scotchbrite” Green Scourers</b>	For cleaning your cooking equipment	<input type="checkbox"/>
<b>1</b>	<b>Chux cloth</b>		<input type="checkbox"/>
<b>4</b>	<b>Large Snaplock Bags</b>	To put lunch in	<input type="checkbox"/>
<b>1</b>	<b>Head torch and spare batteries</b>	LED head torch are brighter and lightweight. Red light is best for nighttime	<input type="checkbox"/>
<b>1</b>	<b>Sunglasses (old)</b>	With strap	<input type="checkbox"/>

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<b>1</b>	<b>Whistle (on cord)</b>	Orange Emergency whistle work well	<input type="checkbox"/>
<b>1</b>	<b>Matches in waterproof container</b>	Extra-long size	<input type="checkbox"/>
<b>1</b>	<b>Trail Mix (no nuts)</b>	e.g. Dried fruit, smarties, seeds, pretzels. Portioned into individual days is useful	<input type="checkbox"/>
<b>2-3</b>	<b>Water bottles</b>	3L capacity total. Minimum 1 litre capacity each bottle	<input type="checkbox"/>
<b>1</b>	<b>Lunch for Day 1 – No nuts</b>	Lunch will be had in the bush- limit packaging as you will carry all garbage with you	<input type="checkbox"/>
<b>1</b>	<b>Diary/journal &amp; pen</b>	For activities and reflections. Small and lightweight in a ziplock bag	<input type="checkbox"/>

### Personal Items

<b>Quantity</b>	<b>Item</b>		<b>Check</b>
1	<b>Roll of toilet paper</b>	Double bagged in two snaplock bags	<input type="checkbox"/>
1	<b>Toothbrush &amp; paste, soap, deodorant (no aerosols)</b>	Non-electric toothbrush	<input type="checkbox"/>
1	<b>Personal 1st aid supplies</b>	e.g. bandaids (for cuts or blisters), roller bandage/ strapping tape if you require it	<input type="checkbox"/>
1	<b>Insect Repellent</b>	Repellent (20% DEET is good) no aerosols- roll on or cream	<input type="checkbox"/>
1	<b>Small towel or chamois</b>	Quick dry towel that packs small	<input type="checkbox"/>
1	<b>Sunscreen, zinc, lip balm</b>	SPF 30+ and above	<input type="checkbox"/>
1	<b>Labelled personal medications</b>	To be given to teachers with a note from parents about administration	<input type="checkbox"/>
1	<b>Feminine hygiene – pads &amp; tampons and handwipes</b>	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
- ▶ Closed toe sandal

**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