

**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. Only bring the essentials we have listed. \* NO AEROSOLS – NO NUTS\*

**Clothing**

Quantity	Item		Check
1	Comfy shoes for around camp	Must be closed toe, no thongs or slippers	<input type="checkbox"/>
1	Shoes for water activities	Old runners are great. Must be fastened to foot and closed toe. No crocs.	<input type="checkbox"/>
1	Sturdy Walking Shoes or Runners	Should have good grip and be comfortable	<input type="checkbox"/>
1 per day	Socks	Thick "Explorer" type socks are highly recommended	<input type="checkbox"/>
1 per day	Underwear		<input type="checkbox"/>
1	Bathers	No Bikinis	<input type="checkbox"/>
2	Thermals	Wool or Synthetic, not cotton. 1 set = 1 x long sleeved top AND 1 x Long pants	<input type="checkbox"/>
1	Long pants	Synthetic are best, zip off cargo pants are very useful. No jeans, as they won't dry and are heavy	<input type="checkbox"/>
2	Lightweight Shorts	No short shorts. Knee length shorts are best for sun protection	<input type="checkbox"/>
1	Water Top & Shorts	Quick dry (rash vest and knee length boardies for sun protection). You can wear bathers underneath	<input type="checkbox"/>
1	Long Sleeved Shirts with collar	Synthetic and lightweight	<input type="checkbox"/>
2	Short Sleeved Shirts with collar	Sports shirts are great	<input type="checkbox"/>
2	Fleece or Wool jumper/jacket	Go for warmth not fashion	<input type="checkbox"/>

<b>1</b>	<b>Sun Hat</b>	Broad brim for sun protection	<input type="checkbox"/>
<b>1</b>	<b>Beanie</b>		<input type="checkbox"/>
<b>1</b>	<b>Pyjamas</b>	Best to be shorts & shirt you have already packed to minimise clothes	<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 the case	<input type="checkbox"/>
<b>1</b>	<b>Sleeping Bag Liner</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>4</b>	<b>Orange “Multix” Brand Garbage Bags</b>	For waterproofing	<input type="checkbox"/>
<b>2</b>	<b>Green or black garbage bags</b>	For 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>	To dry your eating equipment	<input type="checkbox"/>
<b>1</b>	<b>Cleaning sponge</b>		<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>3</b>	<b>Large Snap lock 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 night-time	<input type="checkbox"/>

<b>1</b>	<b>Sunglasses (old)</b>	With strap (as sunglasses do sink!)	<input type="checkbox"/>
<b>1</b>	<b>Whistle (on cord)</b>	Orange Emergency whistle work great	<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>3</b>	<b>Water bottles</b>	Minimum 1 litre capacity each bottle	<input type="checkbox"/>
<b>1</b>	<b>Lunch for Day 1 – No nuts</b>	Lunch will be had outdoors- limit packaging as you will carry all garbage with you	<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 snap lock 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>		<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 snaplock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

**Optional:**

- ▶ Warm Gloves
- ▶ Beanie- Great for night-time
- ▶ 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/tarps 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
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