

CLOTHING AND EQUIPMENT LIST - Penrhos College Year 10 Expedition

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.

Clothing

Quantity	Item	Check
1	Sturdy Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in – <i>no elastic sided boots, skate shoes, Volleys or plimsolls</i>) <i>NO mesh uppers on shoes as grass seeds will penetrate – leather or something impermeable is essential.</i>	<input type="checkbox"/>
1	Raincoat with a hood (proofed nylon, dry japara are good – thigh length)	<input type="checkbox"/>
1 pair/day	Socks – “Explorer” type socks are highly recommended – <i>no ankle socks</i>	<input type="checkbox"/>
1 pair/day	Underwear	<input type="checkbox"/>
1 pair	Thermal Underwear (long sleeved top & pants) – Wool or Synthetic, <i>not cotton.</i>	<input type="checkbox"/>
1	Long pants – loose fitting for insect protection. NO JEANS	<input type="checkbox"/>
2	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	<input type="checkbox"/>
2	Long Sleeved Shirts with collar – Cotton or cotton blend preferable	<input type="checkbox"/>
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETs	<input type="checkbox"/>
2	Fleece or Wool / Wool Mix jumpers – Thick and Warm – No cotton jumpers	<input type="checkbox"/>
1	Broad Brim Sun Hat	<input type="checkbox"/>
1	Fly net to attach to your hat – <i>essential in this environment</i>	<input type="checkbox"/>
1	Beanie	<input type="checkbox"/>

Personal items

1	Labelled personal medications – <i>please hand to your teacher</i>	<input type="checkbox"/>
1	<i>Hand Sanitiser (60ml minimum & minimum 60% alcohol content)</i>	<input type="checkbox"/>
1	Strapping tape if you need to strap an injury daily	<input type="checkbox"/>
1	Blister Kit – low friction strapping tape is good for blister prevention)	<input type="checkbox"/>
1	Pack of Hydralyte or Oral Rehydration Salts (powder, sachets, effervescent tablets)	<input type="checkbox"/>
1	Toothbrush & paste, hairbrush, deodorant (<i>no aerosols</i>) – please keep to a minimum	<input type="checkbox"/>
1	Insect Repellent (20% DEET is good) – <i>no aerosols</i>	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	<input type="checkbox"/>
1	Feminine hygiene – sanitary items & handwipes even if you are not expecting to have to use them (<i>we recommend sourcing wipes that are 100% biodegradable, e.g., Wotnot, JAK, Joonya or Burt's Bees</i>) Flannel for “bush bathing” – <i>optional</i>	<input type="checkbox"/>
1	Handkerchief, bandanna or pocket pack of tissues	<input type="checkbox"/>

Equipment

Quantity	Item	Check
1	Packed Lunch & Snacks for Day 1 - <i>NO NUTS!</i>	<input type="checkbox"/>
1	Sleeping Bag – Synthetic or Down. Rated to 0 or -5 degrees or below	<input type="checkbox"/>
1	Sleeping Mat (closed cell foam, no more than 10mm thickness & size 50cm x 180cm) – <i>No Yoga Mats!</i>	<input type="checkbox"/>
2	Strong (orange “Multix” Brand) garbage bags	<input type="checkbox"/>
3	Large snaplock bags to waterproof clothes	<input type="checkbox"/>
1	Strong fork and spoon	<input type="checkbox"/>
1	Mug (camping style – non breakable)	<input type="checkbox"/>
1	Strong plastic bowl for eating meals	<input type="checkbox"/>
2	Tea towels	<input type="checkbox"/>
1	Small towel or chamois	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
1	Whistle (on cord)	<input type="checkbox"/>
3	Water bottles (1 litre per bottle <i>minimum</i> capacity)	<input type="checkbox"/>
1	Sunglasses	<input type="checkbox"/>
1	Wristwatch (with an alarm if possible)	<input type="checkbox"/>

Those who wear glasses – please bring a glasses retaining strap and, if possible, a spare pair of glasses.

Please label all equipment with your name, especially water bottles.

OEG will provide the following

- ▶ Tents & Tarps
- ▶ Backpacks
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit – ***please do NOT bring your own 1st aid supplies.***

Optional Items

- ▶ Waterproof Overpants
- ▶ Down Jacket or Vest
- ▶ Camera in two plastic bags
- ▶ Diary/journal for writing (including a pen) & lightweight book to read (in a snap lock bag)