

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	Waterproof jacket	Raincoat with a hood (proofed nylon, dry japara are good – thigh length	<input type="checkbox"/>
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"/>
1 per day	Socks	Thick “Explorer” type socks are highly recommended	<input type="checkbox"/>
1 per day	Underwear		<input type="checkbox"/>
1	Thermals	Wool or Synthetic to retain body heat even if they get wet. No cotton.	<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	No short shorts as they don't protect your legs when walking through the bush	<input type="checkbox"/>
2	Long Sleeved Shirts with collar	Synthetic and lightweight	<input type="checkbox"/>
2	Short Sleeved Top with collar	Sports shirts are great	<input type="checkbox"/>
2	Fleece or Wool jumper/jacket	Go for warmth not fashion. No cotton	<input type="checkbox"/>
1	Sun Hat	Broad brim for sun protection	<input type="checkbox"/>
1	PJs	Best to be shorts & shirt you have already packed to minimise clothes	<input type="checkbox"/>

Equipment

Quantity	Item		Check
1	Sleeping Bag	Synthetic or Down filling. Comfort rating to ZERO degrees or below. Practice putting in bag	<input type="checkbox"/>
1	Sleeping mat	Closed cell foam, no more than 10mm thickness & size 50cm x 180cm – No Yoga Mats	<input type="checkbox"/>
1	Sleeping Bag Liner	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"/>
2	Tea towel	For drying your eating equipment	<input type="checkbox"/>
1	Cleaning sponge		<input type="checkbox"/>
2	“Scotchbrite” Green Scourers	For cleaning your cooking equipment	<input type="checkbox"/>
1	Chux cloth		<input type="checkbox"/>
3	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 neck strap	<input type="checkbox"/>
1	Whistle (on cord)	Orange Emergency whistle work well	<input type="checkbox"/>
1	Trail Mix (no nuts)	e.g. Dried fruit, smarties, seeds, pretzels. Portioned into individual days is useful	<input type="checkbox"/>
3	Water bottles	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"/>

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		<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.	<input type="checkbox"/>

<p>Optional:</p> <ul style="list-style-type: none"> ▶ Warm Gloves and beanie ▶ Down Jacket or Vest ▶ Camera (in two plastic bags) ▶ Diary/journal for writing (including a pen) ▶ Book to read ▶ Waterproof pants 	<p>OEG will provide the following:</p> <ul style="list-style-type: none"> ▶ Tents, Backpacks and food ▶ Gaiters (lower leg protection for hiking) ▶ Lightweight stoves and Fuel ▶ Maps and Compasses ▶ All specialist safety equipment ▶ Group first aid kit •
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