

# THE OUTDOOR EDUCATION GROUP ▲ CLOTHING & EQUIPMENT CHECKLIST (10 day)

## 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         | <b>Sturdy shoes for hiking</b>          | Should be worn in and have good grip, preferable with ankle support                                | <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 per day | <b>Socks</b>                            | Thick "Explorer" type socks are highly recommended   | <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 (Not cotton)                            | <input type="checkbox"/> |
| 3         | <b>Long pants</b>                       | Synthetic are best, zip off cargo pants are very useful. No jeans, as they won't dry and are heavy | <input type="checkbox"/> |
| 3         | <b>Lightweight Shorts</b>               | No short shorts. Knee length shorts are best for sun protection                                    | <input type="checkbox"/> |
| 1         | <b>Water Top &amp; Shorts</b>           | Quick dry (rash vest and knee length boardies for sun protection). You can wear bathers underneath | <input type="checkbox"/> |
| 3         | <b>Long Sleeved Shirts with collar</b>  | Synthetic and lightweight  | <input type="checkbox"/> |
| 3         | <b>Short Sleeved Shirts with collar</b> | Sports shirts are great  | <input type="checkbox"/> |
| 3         | <b>Fleece or Wool jumper/jacket</b>     | Go for warmth not fashion  | <input type="checkbox"/> |
| 1         | <b>Sun Hat</b>                          | Broad brim for sun protection  | <input type="checkbox"/> |
| 1         | <b>Pyjamas</b>                          | Best to be shorts & shirt you have already packed to minimise clothes                              | <input type="checkbox"/> |

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## Equipment

| Quantity | Item                                      |  | Check                    |
|----------|---|--|--------------------------|
| 1        | <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"/> |
| 1        | <b>Sleeping Bag Liner</b>                 | Can add warmth and keeps the inside of your sleeping bag cleaner   | <input type="checkbox"/> |
| 1        | <b>Pillowcase</b>                         | To stuff clothing into for a pillow  | <input type="checkbox"/> |
| 6        | <b>Orange “Multix” Brand Garbage Bags</b> | For waterproofing  | <input type="checkbox"/> |
| 3        | <b>Green or black garbage bags</b>        | For dirty clothes  | <input type="checkbox"/> |
| 1        | <b>Strong fork &amp; spoon ONLY</b>       |  | <input type="checkbox"/> |
| 1        | <b>Strong plastic bowl and mug</b>        | You will be cooking dinner outside in small groups   | <input type="checkbox"/> |
| 2        | <b>Tea towel</b>                          | For drying your eating equipment   | <input type="checkbox"/> |
| 2        | <b>Cleaning sponge</b>                    |  | <input type="checkbox"/> |
| 2        | <b>“Scotchbrite” Green Scourers</b>       | For cleaning your cooking equipment  | <input type="checkbox"/> |
| 2        | <b>Chux cloth</b>                         |  | <input type="checkbox"/> |
| 4        | <b>Large Snap lock Bags</b>               | To put lunch in  | <input type="checkbox"/> |
| 1        | <b>Head torch and spare batteries</b>     | LED globes are brighter and lightweight. Red light is best for night-time  | <input type="checkbox"/> |
| 1        | <b>Sunglasses (old)</b>                   | With strap (as sunglasses do sink!)  | <input type="checkbox"/> |
| 1        | <b>Whistle (on cord)</b>                  | Orange Emergency whistle work great  | <input type="checkbox"/> |
| 1        | <b>Matches in waterproof container</b>    | Extra-long work best   | <input type="checkbox"/> |
| 1        | <b>Trail Mix (no nuts)</b>                | e.g. Dried fruit, smarties, seeds, pretzels. Portioned into individual days is useful  | <input type="checkbox"/> |
| 3        | <b>Water bottles</b>                      | Minimum 1 litre capacity each bottle   | <input type="checkbox"/> |
| 1        | <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"/> |

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## Personal Items

| Quantity | Item   |  | Check                    |
|----------|--|--|--------------------------|
| 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.<br>Waterproof in snap lock bag | <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 snap lock 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