

## Clothing & Equipment List - Hiking Journey

### Clothing

Quantity	Item		Check
1	<b>Sturdy Hiking Boots</b>	Should be worn in and have good grip	<input type="checkbox"/>
1	<b>Comfortable shoes for around</b>	Must be closed toe, no thongs or slippers	<input type="checkbox"/>
5	<b>Socks</b>	Thick "Explorer" type socks are highly recommended	<input type="checkbox"/>
5	<b>Underwear</b>		<input type="checkbox"/>
1	<b>Thermals</b>	Wool or Synthetic to retain body heat even if they get wet. No cotton.	<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</b>	No short shorts as they don't protect your legs when walking through the bush	<input type="checkbox"/>
2	<b>Long Sleeved Shirts with collar</b>	Synthetic and lightweight	<input type="checkbox"/>
2	<b>Short Sleeved Top with collar</b>	Sports shirts are great	<input type="checkbox"/>
2	<b>Fleece or Wool jumper/jacket</b>	Go for warmth not fashion. No cotton	<input type="checkbox"/>
1	<b>Sun Hat</b>	Broad brim for sun protection	<input type="checkbox"/>
1	<b>PJ's</b>	Best to be shorts & shirt you have already packed to minimise clothes	<input type="checkbox"/>

### 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"/>
3	<b>Orange "Multix" Garbage Bags</b>	For waterproofing	<input type="checkbox"/>
3	<b>Green or black garbage bags</b>	For garbage/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"/>
1	<b>Cleaning sponge</b>		<input type="checkbox"/>
2	<b>"Scotchbrite" Green Scourers</b>	For cleaning your cooking equipment	<input type="checkbox"/>
1	<b>Chux cloth</b>		<input type="checkbox"/>
3	<b>Large Snaplock Bags</b>	To put lunch in	<input type="checkbox"/>
1	<b>Head torch and spare batteries</b>	LED head torch are brighter and lightweight. Red light is best for nighttime	<input type="checkbox"/>
1	<b>Sunglasses (old)</b>	With strap	<input type="checkbox"/>
1	<b>Whistle (on cord)</b>	Orange Emergency whistle work well	<input type="checkbox"/>
1	<b>Matches in waterproof container</b>	Extra-long size	<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	Roll of toilet paper	Double bagged in two snaplock bags	<input type="checkbox"/>
1	Toothbrush & paste, soap,	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	Be prepared just in case. Waterproof items in a snaplock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

<p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>▶ Warm Gloves</li> <li>▶ Beanie</li> <li>▶ Down Jacket or Vest</li> <li>▶ Camera (in two plastic bags)</li> <li>▶ Diary/journal for writing (including a pen)</li> <li>▶ Book to read</li> </ul>	<p><b>OEG will provide the following:</b></p> <ul style="list-style-type: none"> <li>▶ Tents and Tarp and sleeping mat</li> <li>▶ Waterproof pants and jacket</li> <li>▶ Gaiters (lower leg protection for hiking)</li> <li>▶ Lightweight stoves and Fuel</li> <li>▶ Maps and Compasses</li> <li>▶ All specialist safety equipment</li> <li>▶ Group first aid kit</li> <li>▶ Backpacks</li> <li>▶ Food</li> </ul>
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**PLEASE DO NOT BRING:**

- Mobile phones or other electronic devices
- Aerosol cans (eg insect repellent, deodorant or body sprays)
- Any items that are against normal school rules
- Nuts – we have a ‘no obvious nut’ policy at OEG

*Note to parents: Please do not allow your child to bring any of the above items, especially mobile phones. We have experienced difficulty in the past with phones being lost/damaged etc. The Outdoor Education Group organises the best possible communication system (eg radio/phone/sat phone), and in the event of any situations/incidents, to prevent any confusion or double messages it is vitally important that the official communication methods are the only means used.*

*Thank you for your support.*

**MEDICATION MUST BE LABELLED WITH CLEAR INSTRUCTIONS IN A ZIPLOCK BAG  
AND HANDED TO YOUR TUTOR PRIOR TO DEPARTURE.**