

**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	<b>Sturdy Hiking Shoes</b>	Should be worn in and have good grip, preferable with ankle support	<input type="checkbox"/>
1	<b>Comfortable shoes for around camp</b>	Must be closed toe, no thongs or slippers	<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, not cotton. 1 set = 1 long sleeve top and 1 long pants.	<input type="checkbox"/>
1	<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"/>
1	<b>Lightweight Shorts</b>	No short shorts as they don't protect your legs when walking through the bush	<input type="checkbox"/>
1	<b>Raincoat</b>	Lightweight with hood	<input type="checkbox"/>
2	<b>Long Sleeved Shirts with collar</b>	Synthetic and lightweight	<input type="checkbox"/>
1	<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>Sleeping Mat</b>	Closed cell foam mat (no yoga mats)	<input type="checkbox"/>
1	<b>Pillowcase</b>	To stuff clothing into for a pillow	<input type="checkbox"/>
3	<b>Orange “Multix” Brand 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>	e.g) Soapy Jex pads	<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 neck strap	<input type="checkbox"/>
1	<b>Whistle (on cord)</b>	Orange Emergency whistle work well	<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"/>

**Personal Items**

Quantity	Item		Check
1	<b>Roll of toilet paper</b>	Double bagged in two snaplock 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 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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