

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	Comfy shoes for around camp	Must be closed toe, no thongs or slippers	<input type="checkbox"/>
1	Shoes for water activities	Old runners are great. Must be fastened to foot and closed toe. No crocs.	<input type="checkbox"/>
1	Sturdy Walking Shoes or Runners	Should have good grip and be comfortable	<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	Bathers	No Bikinis	<input type="checkbox"/>
2	Thermals	Wool or Synthetic, not cotton. 1 set = 1 x long sleeved top AND 1 x Long pants	<input type="checkbox"/>
1	Long pants	Synthetic are best, zip off cargo pants are very useful. No jeans, as they won't dry and are heavy	<input type="checkbox"/>
2	Lightweight Shorts	No short shorts. Knee length shorts are best for sun protection	<input type="checkbox"/>
1	Water Top & Shorts	Quick dry (rash vest and knee length boardies for sun protection). You can wear bathers underneath	<input type="checkbox"/>
1	Long Sleeved Shirts with collar	Synthetic and lightweight	<input type="checkbox"/>
2	Short Sleeved Shirts with collar	Sports shirts are great	<input type="checkbox"/>
2	Fleece or Wool jumper/jacket	Go for warmth not fashion	<input type="checkbox"/>
1	Sun Hat	Broad brim for sun protection	<input type="checkbox"/>
1	Pyjamas	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. Make sure you practice stuffing the sleeping bag into the case	<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"/>
4	Orange “Multix” Brand Garbage Bags	For waterproofing	<input type="checkbox"/>
2	Green or black garbage bags	For 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"/>
1	Tea towel	To dry 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 Snap lock 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 night-time	<input type="checkbox"/>
1	Sunglasses (old)	With strap (as sunglasses do sink!)	<input type="checkbox"/>
1	Whistle (on cord)	Orange Emergency whistle work great	<input type="checkbox"/>
1	Matches in waterproof container	Extra-long size	<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 outdoors- 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 snap lock 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 snaplock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

<p>Optional:</p> <ul style="list-style-type: none"> ▶ 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 	<p>OEG will provide the following:</p> <ul style="list-style-type: none"> ▶ 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 ●
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