

# THE OUTDOOR EDUCATION GROUP ▲ Clothing & Equipment List (Cycle Journey)

## HANDY HINTS:

- All equipment and clothing should be compact, lightweight and quick drying (lightweight sports / hiking clothes are great). Pack into **\*Soft bag\***
- Don't bring cotton clothing (or jeans). These materials don't retain body heat if wet (especially in cold climates) 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 or food containing nuts\* (OEG is a Nut free provider)
- Check the weather forecast a few days before coming on program, especially the night-time temperature. Pack accordingly.
- OEG in partnership with Australian outdoor brand One Planet have great discounts on outdoor clothing & equipment. You can access this website at the bottom of your school portal home page labeled 'One Planet Gear' or click [Products - Camplist](#). You can even get the items home delivered!

## Clothing

Quantity	Item		Check
1	<b>Sturdy shoes for riding</b>	Should be worn in and have good grip	<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>		<input type="checkbox"/>
1 per day	<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"/>
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 need to protect you from chaffing	<input type="checkbox"/>
1	<b>Long Sleeved Shirts with collar</b>	Synthetic and lightweight for sun protection & protects arms while riding	<input type="checkbox"/>
1	<b>Short Sleeved Top with collar</b>	Sports shirts are great	<input type="checkbox"/>
1	<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 (when not riding)	<input type="checkbox"/>
<b>Optional</b>	<b>PJ's</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 Celsius or below. Make sure you practice stuffing the sleeping bag into its case before you come on program	<input type="checkbox"/>
1	<b>Pillowcase</b>	To stuff clothing into for a pillow	<input type="checkbox"/>
1	<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/metal bowl and mug</b>	You will be cooking dinner outside in small groups	<input type="checkbox"/>
1	<b>Tea towel</b>	For drying your personal eating equipment	<input type="checkbox"/>
1	<b>Cleaning sponge</b>	For cleaning your personal eating equipment	<input type="checkbox"/>
1	<b>Steel wool scourer</b>	For cleaning your cooking equipment e.g. steelo or jex soap pad	<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>		<input type="checkbox"/>
1	<b>Whistle (on cord)</b>	Must be pealess (no little ball inside). If the ball gets wet, it doesn't make any sound.	<input type="checkbox"/>

## Food

Quantity	Item		Check
3	<b>Water bottles</b>	Minimal 1 litre capacity each bottle (you will pack each bottle in different parts of your hike pack to balance the weight)	<input type="checkbox"/>
	<b>Trail Mix (no nuts)</b>	e.g. Dried fruit, smarties, seeds, pretzels. Portioned into individual days is useful. No nuts.	<input type="checkbox"/>

## Personal Items (and over page)

Quantity	Item		Check
1	<b>Small backpack</b>	For personal items when you are riding	<input type="checkbox"/>

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1	<b>Roll of toilet paper</b>	Double bagged in two snaplock bags	<input type="checkbox"/>
1	<b>Toothbrush &amp; paste, soap, deodorant</b>	Non-electric toothbrush. Roll on deodorant only *no aerosols*	<input type="checkbox"/>
1	<b>Personal 1st aid supplies (for medication- see below)</b>	e.g. bandaids (for cuts or blisters), roller bandage/ strapping tape if you require it	<input type="checkbox"/>
1	<b>Sunscreen, zinc, lip balm</b>	SPF 30+ and above	<input type="checkbox"/>
1	<b>Insect Repellent</b>	Repellent (20% DEET is good) roll on or cream preferred. No aerosols.	<input type="checkbox"/>
1	<b>Small towel or chamois</b>		<input type="checkbox"/>
	<b>Labelled personal medications</b>	To be given to teachers with a note from parents/ doctor regarding administration. This includes over the counter medications such as paracetamol, ibuprofen etc.	<input type="checkbox"/>
	<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"/>

## Optional:

- ▶ Warm Gloves/beanie
- ▶ Down Jacket or Vest
- ▶ Camera (in two plastic bags)
- ▶ Diary/journal for writing (including a pen)
- ▶ Book to read
- ▶ Padded bike shorts
- ▶ Personal bike helmet (must have Australian Standard stamps visible)

## Do Not Bring:

- ▶ Any items that are against normal school rules
- ▶ Electronics /phones

## OEG will provide the following:

- ▶ Tents and Tarp and sleeping mat
- ▶ Waterproof pants and jacket
- ▶ Bikes and helmets
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks
- ▶ Activity Equipment