

HANDY HINTS:

- All equipment and clothing should be compact, lightweight and quick drying (lightweight sports / hiking clothes are great)
- 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 in a soft bag. * NO AEROSOLS *NO NUTS or foods 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 buy for this program. Access to website is at the bottom of your school portal home page under 'One Plant Gear' or here [Products - Camplist](#). You can even get the items home delivered!

Clothing

Quantity	Item		Check
1	Sturdy shoes for hiking	Should be worn in and have good grip, preferable with ankle support	<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 per day	Socks	"Explorer" type socks are highly recommended. Longer socks protect your legs while bush walking	<input type="checkbox"/>
1 per day	Underwear		<input type="checkbox"/>
1	Thermals	Wool or Synthetic to retain body heat even if they get wet (Not cotton)	<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 for sun protection & protects arms when walking in the bush	<input type="checkbox"/>
1	Short Sleeved Shirts with collar	Quick dry sport shirts are great	<input type="checkbox"/>
1	Fleece or Wool jumper/jacket	Go for warmth not fashion	<input type="checkbox"/>
1	Sun Hat	Broad brim for sun protection, ideally with a chin strap.	<input type="checkbox"/>
Optional	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 Celsius or below. Make sure you practice stuffing the sleeping bag into its case before you come on program!	<input type="checkbox"/>
1	Pillowcase	To stuff clothing into for a pillow	<input type="checkbox"/>
2	garbage bags	For dirty/ wet clothes	<input type="checkbox"/>
1	Strong fork & spoon ONLY	You will pack these into your hike pack so they need to be durable	<input type="checkbox"/>
1	Strong plastic/metal bowl and mug	You will be cooking dinner outside and will be carrying these items in your pack	<input type="checkbox"/>
1	Tea towel	For drying your eating equipment	<input type="checkbox"/>
1	Cleaning sponge	For cleaning your personal eating equipment	<input type="checkbox"/>
1	Steel wool scourer	For cleaning your cooking equipment. E.g. Steelo or Jex soap pads	<input type="checkbox"/>
2	Large Snap lock Bags	To put lunch in	<input type="checkbox"/>
1	Head torch and spare batteries	LED globes are brighter and lightweight. Red light is best at night. Bring spare batteries!	<input type="checkbox"/>
1	Sunglasses (old)	With strap (as sunglasses do sink!)	<input type="checkbox"/>
1	Whistle (on cord)	Must be pealess (no little ball inside). If the ball gets wet, it doesn't make any sound.	<input type="checkbox"/>
1	daypack	To carry water, lunch and personal items to activities	<input type="checkbox"/>

Food

Quantity	Item		Check
1	Lunch for Day 1 – No nuts	Lunch will be had in the bush- limit packaging as you will carry all garbage with you	<input type="checkbox"/>
3	Water bottles	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"/>
	Trail Mix (no nuts)	e.g. Dried fruit, smarties, seeds, pretzels. Portioned into individual days is useful. No nuts.	<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	Non-electric toothbrush. Roll on deodorant only *no aerosols*	<input type="checkbox"/>
1	Personal 1st aid supplies (for medication- see below)	e.g. bandaids (for cuts or blisters), roller bandage/ strapping tape if you require it. Waterproof in snap lock bag.	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	SPF 30+ and above	<input type="checkbox"/>
1	Insect Repellent	Repellent (20% DEET is good) Roll on or cream are preferred. No aerosols	<input type="checkbox"/>
1	Small towel or chamois		<input type="checkbox"/>
	Labelled personal medications (in original packaging)	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"/>
	Feminine hygiene – pads & tampons and handwipes	Be prepared just in case. Waterproof items in a snap lock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

<p>Optional:</p> <ul style="list-style-type: none"> ▶ Warm Gloves- great for cold mornings ▶ Beanie- Great for night-time ▶ Down jacket or vest ▶ Camera (in two plastic bags- no mobile phones) ▶ Diary/journal for writing (including a pen) ▶ Book to read <p>Do Not Bring:</p> <ul style="list-style-type: none"> ▶ Any items that are against normal school rules ▶ Electronics /phones 	<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 ▶ Activity Equipment ▶ Food on program (as indicated in the program outline) •
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