

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 principle 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 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. You can access this website at the bottom of your school portal home page 'One Planet Gear' or click [Products - Camplist](#). You can even get the items home delivered!

Clothing

Quantity	Item		Check
1 pair	Sturdy Hiking Shoes	Should be worn in and have good grip, preferable with ankle support	<input type="checkbox"/>
1 pair	Comfortable shoes for around camp	Must be closed toe, no thongs or slippers	<input type="checkbox"/>
1	Waterproof Raincoat	Must be waterproof with hood (as per BCGS clothing list)	<input type="checkbox"/>
1 pair	Shoes for water activity	Must be fitted to the foot (old sneakers are great. No cros)	<input type="checkbox"/>
1 per day	Socks	Thick "Explorer" type socks are highly recommended	<input type="checkbox"/>
1 per day	Underwear		<input type="checkbox"/>
2	Thermals top & bottom	Wool or Synthetic to retain body heat even if they get wet. 1 pair specifically for canoeing	<input type="checkbox"/>
1	Water top & shorts	Quick dry (rash vest & knee length boardies for sun protection). Wear bathers underneath	<input type="checkbox"/>
2	Long pants	Synthetic are best, zip off cargo pants are useful. No jeans, as they won't dry if wet	<input type="checkbox"/>
2	Lightweight Shorts	No short shorts as they don't protect your legs when walking through the bush	<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"/>
2	Short Sleeved Top with collar	Sports shirts are great	<input type="checkbox"/>
2	Fleece or Wool jumper/jacket	Go for warmth not fashion. No cotton	<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"/>

Clothing & Equipment List (Hike & Water Journey)

Equipment

Quantity	Item		Check
1	Sleeping Bag + Inner Sheet	Sleeping bag: Synthetic or Down filling. Comfort rating to ZERO degrees Celsius or below. Sleeping bag & inner sheet as per BCGS Clothing list	<input type="checkbox"/>
1	Sleeping Mat	Closed cell foam (no yoga mats) As per BCGS clothing list	<input type="checkbox"/>
1	Pillowcase	To stuff clothing into for a pillow	<input type="checkbox"/>
3	Orange “Multix” Brand Garbage Bags	For waterproofing	<input type="checkbox"/>
2	Green or black garbage bags	For garbage/dirty 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"/>
2	Tea towel	For drying your personal eating equipment	<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 nighttime.	<input type="checkbox"/>
1	Sunglasses (old)	With strap	<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 put drink bottle & raincoat in to carry around 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"/>

Continues next page

Personal Items

Quantity	Item		Check
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 bags.	<input type="checkbox"/>
1	Insect Repellent	Repellent (20% DEET is good) Roll on or cream preferred. No aerosols.	<input type="checkbox"/>
1	Small towel or chamois		<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	SPF 30+ and above	<input type="checkbox"/>
	Labelled personal medications	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 snaplock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

<p>Optional:</p> <ul style="list-style-type: none"> ▶ Warm Gloves ▶ Beanie ▶ Down Jacket or Vest ▶ Camera (in two plastic bags) ▶ Diary/journal for writing (including a pen) ▶ Book to read ▶ Electrolyte powder (e.g. Gatorade) <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 and Tarps ▶ 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 (as indicated in the program outline)
---	--