

# Clothing & Equipment List (Hike & Water Journey)

**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 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	<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	<b>Raincoat</b>	Must be waterproof with hood	<input type="checkbox"/>
1	<b>Shoes for water activity</b>	Must be fitted to the foot (old sneakers are great. No crocs)	<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"/>
1	<b>Thermals</b>	Wool or Synthetic to retain body heat even if they get wet. No cotton.	<input type="checkbox"/>
1	<b>Water top &amp; shorts</b>	Quick dry (rash vest & knee length boardies for sun protection). Wear bathers underneath	<input type="checkbox"/>
2	<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"/>
2	<b>Lightweight Shorts</b>	No short shorts as they don't protect your legs when walking through the bush	<input type="checkbox"/>
1	<b>Long Sleeved Shirts with collar</b>	Synthetic and lightweight for sun protection & protects arms when walking in the bush	<input type="checkbox"/>
2	<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 ideally with a chin strap	<input type="checkbox"/>
Optional	<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>Sleeping Mat</b>	Closed cell foam ( 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"/>
2	<b>Green or black garbage bags</b>	For garbage/dirty clothes	<input type="checkbox"/>
1	<b>Strong fork &amp; spoon ONLY</b>	You will pack these into your hike pack so they need to be durable	<input type="checkbox"/>
1	<b>Strong plastic /metal bowl and mug</b>	You will be cooking dinner outside and will be carrying these items in your pack	<input type="checkbox"/>
2	<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 scourers</b>	For cleaning your cooking equipment e.g. Steelo or Jex soap pad	<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 strap	<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"/>
1	<b>Daypack</b>	To put drink bottle & raincoat in to carry around to activities	<input type="checkbox"/>

### Food

Quantity	Item		Check
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"/>
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"/>

**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</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. Waterproof in snap lock bags.	<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"/>
1	<b>Sunscreen, zinc, lip balm</b>	SPF 30+ and above	<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"/>

<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> <li>▶ Electrolyte powder (e.g. Gatorade)</li> </ul> <p><b>Do Not Bring:</b></p> <ul style="list-style-type: none"> <li>▶ Any items that are against normal school rules</li> <li>▶ Electronics /phones</li> </ul>	<p><b>OEG will provide the following:</b></p> <ul style="list-style-type: none"> <li>▶ Tents and Tarps</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>▶ Activity Equipment</li> <li>▶ Food (as indicated in the program outline)</li> </ul>
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