

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 (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 under 'One Plant Gear'. 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	<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"/>
2	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"/>
1	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	<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 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"/>
4	Orange “Multix” Brand Garbage Bags	For waterproofing inside your hiking pack	<input type="checkbox"/>
2	Green / black garbage bags (not orange)	For 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"/>
1	Tea towel	For drying your eating equipment	<input type="checkbox"/>
1	Cleaning sponge	For cleaning your personal eating equipment	<input type="checkbox"/>
1	“Scotchbrite” scourers	For cleaning your cooking equipment	<input type="checkbox"/>
3	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"/>

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) *no aerosols*- roll on or cream	<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 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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