

## 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. Click on the box labeled 'One Planet Gear'. You can even get the items home delivered!

## Clothing

Quantity	Item		Check
1	<b>Sturdy shoes for hiking</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"/>
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"/>
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"/>
2	<b>Fleece or Wool jumper/puffer 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"/>
Optional	<b>PJ's</b>	Best to be shorts & shirt you have already packed to minimise clothes	<input type="checkbox"/>

**Equipment**

Quantity	Item		Check
1	<b>Sleeping Bag</b>	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	<b>Pillowcase</b>	To stuff clothing into for a pillow	<input type="checkbox"/>
2	<b>Orange “Multix” Brand Garbage Bags</b>	For waterproofing inside your hiking pack	<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>		<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>“Scotchbrite” scourers</b>	For cleaning your cooking equipment	<input type="checkbox"/>
1	<b>Head torch</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"/>

**Food**

Quantity	Item		Check
1	<b>Morning Snack &amp; 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"/>
2	<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**

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. asthma pump and spacer, 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) no aerosols- roll on or cream	<input type="checkbox"/>
	<b>Labelled personal medications (incl. paracetamol and ibuprofen)</b>	To be given to teachers with a signed "Authority to Administer Medication" form from parents/ doctor regarding administration. This includes over the counter medications.	<input type="checkbox"/>
	<b>Feminine hygiene – pads &amp; tampons and hand wipes</b>	Be prepared just in case. Waterproof items in a snaplock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

**OEG will provide the following:**

- Tents and Tarp and sleeping mat
- Waterproof pants and jacket
- Lightweight stoves and Fuel
- Maps and Compasses
- All specialist safety equipment
- Group first aid kit
- Backpacks
- Activity Equipment
- Food (as indicated on the program outline)

**Do Not Bring:**

- Any items that are against normal school rules eg chewing gum
- Electronics /phones / smartwatches
- Expensive or sentimental jewellery
- Money
- Knives of any description