

5 Day Hiking & Water Packing List (Summer)

The Principle of Packing:

- Pack minimal but sensible. Enough so you are well equipped to be warm, dry, and safe – but no more than that.
- Aim for low bulk items to allow more space in your bag and less weight to carry. Esp sleeping bags, jumpers, and personal items e.g. mini size deodorants and toiletry items

Clothing

Quantity	Item		Check
1	Hiking Shoes	Good grip and worn in well. Can be hiking boots, trail runners, or grippy running shoes.	
1	Comfortable travel/ non camp shoes	Regular pair of sneakers or crocs. No open toe shoes allowed.	
3-5 pairs	Socks	Sports/outdoor socks ideal. Good quality can be used for multiple days. Save 1 pair as your clean evening pair.	
1 per day	Underwear		
1	Thermals top & bottoms sets	Wool or Synthetic to retain body heat even if they get wet (Not cotton). Can double up as pyjamas.	
2	Hiking shorts/pants	Active wear for hiking days. Sports tights ok. Consider length for sun protection. No jeans (heavy and don't easily dry or breathe). Zip off pants are great.	
1-2	Camping shorts/pants	Light weight, low bulk clothing. For evening wear.	
1	Bathers, Water Top & Shorts	Bathers suitable for wearing under a wetsuit for surfing session.	
3	Hiking Shirts	Short or long-sleeved. Lightweight activewear. Collar and sleeves = good sun protection. No cotton or sleeveless tops.	
1	Camping shirt	Light weight, low bulk clothing. For evening wear.	
2	Warm Layers	Go for warmth not fashion. 2 items that can be layers together is great e.g. fleece jumper and puffer jacket.	
1	Sun Hat	Broad brim ideal for sun protection. Chin strap useful.	
Optional	Pyjamas	Save weight and room and use your thermals for pyjamas.	

Equipment

Quantity	Item		Check
1	Sleeping Bag	Synthetic or Down filling. Comfort rating to 5 deg that can be condensed down small.	
1	Small Towel	Gym or camping towel for when hiking.	
1	Beach towel	For Tidal River. Leave in soft bag before hiking journey.	
4	Large thick garbage bags	For lining your hiking pack & sleeping bag	
3	Garbage bags	For group rubbish and dirty/wet clothes & shoes	
1	Head torch and spare batteries	LED globes are brighter and lightweight. Red light is best at night. Bring spare batteries!	
1	Camping plate or bowl, cup, and fork/spoon	Lightweight that won't break. Collapsible things are great.	
1	"Scotchbrite" Green Scourers	For cleaning your cooking equipment	
1	Steele scrubber	For cleaning your cooking equipment	
2	Large Snaplock Bags	For holding food and small items personal items	
1	Tea towel	For drying cooking and eating equipment	

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Food

Quantity	Item		Check
	Lunch & snacks for Day 1 – No nuts	Lunch will be had while travelling. Make it easy!	
2-3	Water bottle(s)	3L capacity across your bottles / hydration vessel. Hydration bladders are great.	

Personal Items

Quantity	Item		Check
1	Toothbrush & paste, soap, deodorant	Bring min bottles/packets/pouches! Partner with some friends and share items. Roll on deodorant only *no aerosols*	
1	Roll of toilet paper	Just in case. Double bagged in two snap lock bags, Can share 1 roll between 3 friends.	
1	Personal 1st aid supplies (for medication- see below)	Only if required/desired. Blister kit is useful. OEG staff will have all first aid items.	
1	Sunscreen, zinc, lip balm	SPF 30+ and above	
1	Insect Repellent (optional)	Repellent (20% DEET is good) Roll on or cream are preferred. No aerosols. Share with your friends and save weight!	
1	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.	
1	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. See feminine hygiene document on the school portal for more info.	

Other

Optional:	OEG will provide for all participants
Down jacket or vest	Waterproof jacket and pants
Sunglasses	Camping equipment including tent and sleeping mat
Camera (in two plastic bags - no mobile phones)	Hiking pack
Diary/journal for writing (including a pen)	Cooking equipment and fuel
Book to read	Group first aid
Beanie & Gloves	Gaiters
Please do not bring:	
Any items that are against normal school rules	
Electronics /phones	

Top tips:

- Bring everything in 1 large bag. A soft bag (e.g. large duffel bag) is best.
- Bring active wear that is lightweight and quick drying. Don't bring cotton clothing (or jeans).
- **Grab a discount** at One Planet for outdoor clothing & equipment you may need for this program. Check your school portal home page under 'One Plant Gear' or [here](#).