

## CLOTHING & EQUIPMENT CHECKLIST (Alpine 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 snacks 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 access this website at the bottom of your school portal home page. Click on the box labeled 'One Planet Gear' or click [Products - Camplist](#) You can even get the items home delivered!

### Clothing

Quantity	Item		Check
1	<b>Sturdy Hiking Boots</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"/>
<b>1 per day + a few extra</b>	<b>Socks</b>	Thick "Explorer" type socks are highly recommended (go for wool, not cotton)	<input type="checkbox"/>
<b>1 per day</b>	<b>Underwear</b>		<input type="checkbox"/>
<b>2</b>	<b>Thermals</b>	Wool or Synthetic to retain body heat even if they get wet (Not cotton). Use 1 pair for PJ'S	<input type="checkbox"/>
<b>2</b>	<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"/>
<b>2</b>	<b>Long Sleeved Shirts with collar</b>	Synthetic and lightweight for sun protection & protects arms when walking in the bush	<input type="checkbox"/>
<b>1</b>	<b>Short Sleeved Top with collar</b>	Quick dry sport shirts are great	<input type="checkbox"/>
<b>2</b>	<b>Fleece or Wool jumper/jacket</b>	Go for warmth not fashion. No cotton.	<input type="checkbox"/>
<b>1</b>	<b>Sun Hat</b>	Broad brim for sun protection, ideally with chin strap	<input type="checkbox"/>
<b>1</b>	<b>Beanie</b>	Wool or fleece for warmth	<input type="checkbox"/>
<b>2</b>	<b>Gloves</b>	Wool or fleece gloves (if waterproof-even better). Can be ski gloves if you prefer.	<input type="checkbox"/>

**\*\*Please note- OEG does provide rain jackets and over pants for this program\*\***

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### Equipment

Quantity	Item		Check
1	<b>Sleeping Bag</b>	Synthetic or Down filling. Comfort rating to -5 degrees Celsius or below. Make sure you practice stuffing the sleeping bag into its case before coming on program	<input type="checkbox"/>
1	<b>Pillowcase</b>	To stuff clothing into for a pillow	<input type="checkbox"/>
4	<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 in small groups and 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"/>
2	<b>Steel wool scourers</b>	For cleaning your cooking equipment e.g. steelo or jex soap pads	<input type="checkbox"/>
4	<b>Large Snaplock Bags</b>	To put your lunch in	<input type="checkbox"/>
1	<b>Head torch and spare batteries</b>	LED globes are brighter and lightweight. Red light is best for nighttime	<input type="checkbox"/>
1	<b>Ski Goggles /Sunglasses</b>	Dark tint or polarized	<input type="checkbox"/>
1	<b>Whistle</b>	Must be pealess (no little ball inside). If the ball gets wet, it doesn't make any sound.	<input type="checkbox"/>
1	<b>Matches in waterproof container</b>	Extra-long are best	<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"/>
1	<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	Roll of toilet paper	Double bagged in two snaplock 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	e.g. bandaids (for cuts or blisters), roller bandage/ strapping tape if you require it	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	SPF 30+ and above	<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"/>
	Labelled personal medications	Follow the school medication policy	<input type="checkbox"/>
	Feminine hygiene – pads & tampons and handwipes	Be prepared just in case. Waterproof items in snaplock bag. Small paper bags work well for disposal.	<input type="checkbox"/>

### Optional:

- ▶ Neck warmer, buff or scarf
- ▶ Down jacket/vest
- ▶ Camera (in two plastic bags)
- ▶ Diary/journal for writing (including a pen)
- ▶ Book to read

### Do Not Bring:

- ▶ Compression tights (skins, 2xU)
- ▶ Electronics
- ▶ Any items that are against normal school rules

### OEG will provide the following:

- ▶ 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 (as indicated on the program outline)