

## HANDY HINTS:

- Everything should fit into 1 large soft bag
- Aim for compact, lightweight and quick drying clothing and items (lightweight sports / hiking clothes are great)
- Try not to bring cotton clothing (or jeans). These materials don't retain body heat if we get wet (especially in cold climates) and take a long time to dry.
- No aerosols, 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.

## Clothing

Quantity	Item		Check
	<b>Shoes for camp activities</b>	Should be worn in and have good grip.	<input type="checkbox"/>
1 per day	<b>Socks</b>		<input type="checkbox"/>
1 per day	<b>Underwear</b>		<input type="checkbox"/>
1-2	<b>Long pants</b>	No jeans, as they won't dry and are heavy	<input type="checkbox"/>
1-2	<b>Lightweight Shorts</b>	No short shorts. Knee length shorts are best for sun protection	<input type="checkbox"/>
1-2	<b>Long Sleeved Shirts</b>	Lightweight. Collar is good for sun protection. Not cotton.	<input type="checkbox"/>
2	<b>Short Sleeved Shirts</b>	Quick dry sport shirts are great. Collar is good for sun protection. Not cotton.	<input type="checkbox"/>
2	<b>Warm Layers</b>	Go for warmth not fashion. Items that can be layered together e.g. fleece jumper and puffer jacket.	<input type="checkbox"/>
1	<b>Sun Hat</b>	Broad brim is ideal for sun protection. Chin strap useful.	<input type="checkbox"/>
1	<b>Pajamas</b>		<input type="checkbox"/>

Please note- OEG supplies waterproof over jacket and pants

## Food

Quantity	Item		Check
	<b>Lunch for Day 1 – No nuts</b>	Lunch may be had in a bush setting, so limit packaging as you will carry all garbage with you	<input type="checkbox"/>
1	<b>Water bottle (s)</b>	<b>MUST BE LABELLED.</b> Reusable drink bottle, no single plastic. 1L capacity minimum is ideal	<input type="checkbox"/>

**Equipment**

Quantity	Item		Check
	<b>Sleeping Bag</b>	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"/>
	<b>Fitted bed sheet &amp; pillow</b>	For dorms. Single fitted sheet ideal.	<input type="checkbox"/>
1	<b>Towel</b>		<input type="checkbox"/>
2	<b>Garbage bags (not black)</b>	For dirty/wet clothes & shoes	<input type="checkbox"/>
	<b>Head torch and spare batteries</b>	LED globes are brighter and lightweight. Red light is best at night. Bring spare batteries!	<input type="checkbox"/>
	<b>Day Pack</b>	Small bag to put your water bottle and personal items in during activities	<input type="checkbox"/>

**Food**

Quantity	Item		Check
	<b>Lunch for Day 1 – No nuts</b>	Lunch may be had in a bush setting, so limit packaging as you will carry all garbage with you	<input type="checkbox"/>
2	<b>Water bottle (s)</b>	<b>MUST BE LABELLED.</b> Reusable drink bottle, no single plastic. 1L capacity minimum is ideal	<input type="checkbox"/>

**Personal Items**

Quantity	Item		Check
	<b>Toothbrush &amp; paste, soap, deodorant</b>	Roll on deodorant only *no aerosols*	<input type="checkbox"/>
	<b>Sunscreen, zinc, lip balm</b>	SPF 30+ and above	<input type="checkbox"/>
	<b>Insect Repellent</b>	Repellent (20% DEET is good) Roll on or cream- No aerosols	<input type="checkbox"/>
	<b>Labelled personal medications</b>	Follow the school's medication policy	<input type="checkbox"/>

Optional	OEG will provide the following:
Warm Gloves- great for cold mornings	Waterproof pants and jacket
Beanie - Great for night-time	Gaiters (lower leg protection for hiking)
Down jacket or vest	Group first aid kit
Camera (in two plastic bags- no mobile phones)	Activity Equipment
Diary/journal for writing (including a pen)	All food (beside lunch on first day)
Book to read	
<b>Do Not Bring:</b>	
Any items that are against normal school rules	
Electronics /phones	
Any food with nuts	
Lighter or matches	