



STUDENT GEAR LIST – 2 days

HOT TIP: Name on your gear and clothes 😊

Use this sheet as a check list.

Items in italics are available to supplement from the Centre

PACKED		CLOTHES
	3	<i>Polypro/wool thermal tops-can layer these</i>
	2	<i>Polypro/wool thermal long johns</i>
	2	<i>Warm jerseys (fleece / wool)- can layer these</i>
	2	Pairs shorts
	1	Pairs warm long trousers/track pants for activities - NO JEANS or COTTON
	3	Changes of underwear
	1	Pyjamas or similar
	3	Pairs socks (thick woollen)
	1	<i>Waterproof parka</i>
	1	<i>Waterproof over pants</i>
	1	<i>Pairs gloves or mittens (fleece / wool / polypro)</i>
	1	<i>Beanie (fleece / wool / polypro)</i>
	1	Sun hat
	2	Pairs strong, sturdy shoes/trainers, boots (suitable for wet, muddy conditions: <i>a must for winter</i>)
	1	Swim gear
		Changes of clothes for travel/evenings, including footwear (inside)
PACKED		GEAR
	1	Towels
	1	Tarp
	1	Large black rubbish bag
		Toiletries
		Warm sleeping bag
	1	<i>Bed Roll</i>
		Pillow
	2	Packs – 1 Day Pack and 1 big pack if doing overnight tramp
		Torch and spare batteries
		Cards / Games
		Water bottle
		Sunglasses in protective container
		Sun screen and Insect repellent
		Small container of hand sanitiser
		Notebook and pencil
		<i>Bowl and spoon if doing overnight tramp</i>
		Personal first aid kit (plasters, strapping tape) and personal medication
		Camera (optional)
		1 packed lunch for the first day
		Scroggin for 2 days
		Home baking / packet of biscuits to share
No radios or ipods allowed, however musical instruments are welcome. Cell phones don't work up here.		

SOME COMMENTS ON CLOTHING

Some of the best experiences happen in challenging conditions, so you need to have suitable clothing for all weathers! If you do not have anything on the gear list try and borrow it rather than buy expensive items. It is best to come organized and prepared. You can also borrow the marked items from the Boyle if you do not have your own.

Clothing is most effective when we wear multiple layers, which trap in heat and can be removed easily when you get hot. Remember warmth is provided by the materials ability to trap body heat, the material itself doesn't provide the warmth.

FIRST LAYER - polypropylene/wool against the skin. A top and long johns, depending on weather and woollen socks. These fabrics help wick the water away from the skin to help keep you warm. Cotton is no good as, unlike polypro, it draws heat away from the body when wet and makes you cold or possibly hypothermic. You can wear multiple polypro / wool layers.

SECOND LAYER - one or two layers of fleece / wool for the top and long pants/polypro and shorts for the bottom if the weather's cold. These layers insulate your body heat and do not feel cold if they get wet. Don't forget a beanie and gloves! Jeans are not suitable, except in the lodge, as they are extremely heavy when wet and restrict movement. They are also made of cotton and remove heat from the body when wet. T shirt, shorts sun glasses and sun hat if the weather is hot – you need to cover up as the sun is very strong up here.

THIRD LAYER - The water proof / wind proof layer. Jacket and over-trousers that are able to withstand a good continuous dumping of rain. Goretex, Reflex and PVC are best. Nylon wind breakers and anything filled with dacron or down are generally NOT waterproof. If you are unsure about your jacket go outside with a bucket of water and test it before you come! Or you can borrow one from us!

FOOTWEAR – It is important to have strong, sturdy footwear as we are often walking on uneven and slippery ground in the bush and mountains. Boots are good as they provide ankle support, but for many activities sturdy trainers are fine, providing they are done up tightly for support. Boots are best for the winter months.

Loose fitting skate or flat shoes do not do the job!

FOOD - Remember food is essential to provide energy and warmth for a busy programme.

Bring home baking and plenty of scroggin, muesli bars dried fruit etc to have as treats.

Fluid intake is very important to avoid dehydration. Water is best - so eat & drink lots!

For more information refer to Mountain Safety Council "Bushcraft Manual"

GROUPS PLEASE BRING THE FOLLOWING SUPPLIES:

- Sleeping bags and pillows
- Dish Washing Liquid and gloves
- Hand Soap and/or hand sanitiser
- Tea Towels
- Bunch of supermarket bags for replacement bin liners
- Big Rubbish Bags
- Toilet paper
- FIRST AID KITS: 1 per activity group
PLUS a more comprehensive base kit
- Food and menu
- Matches

PLUS

if you have a campout on the programme:

- Cutlery and crockery for camp out
- Meths for Trangia stoves
- Hand sanitiser

