

## OUTDOOR EDUCATION

### Year 10 Hike Equipment & Clothing List

Tick	<b>PROVIDED BY SCHOOL OUTDOOR EDUCATION FACULTY</b> (Students can bring their own if suitable)	
✓	Hiking Back	Large (65-80 Litres).
✓	Waterproof jacket	Gore-Tex, must have hood.
✓	Overpants	Gore-Tex
✓	Trangia stove and pots	School trangia supplied and used between 4 people, with fuel bottle
✓	Tent	2 or 3 person
<b>STUDENTS TO BRING</b>		
	Toiletries	Toothbrush and paste, roll of toilet paper (in zip lock bag), tampons or pads as required. 2 x face masks. Small hand sanitizer. Optional - roll on deodorant, wet wipes
	3 x 1L water bottles	Strong, durable and leak proof. Camelbak/bladder is ok for <b>one</b> of these
	Head Torch & spare batteries	
	Small Towel	Remember to keep it small, every little bit of weight adds up!!
	Spare plastic bags	5 x recycled plastic shopping bags, 5 zip lock sandwich bags
	Sunscreen 30+	
	Insect repellent	Roll on, <b>No</b> aerosols
	Personal first aid kit	eg. personal prescribed medication, asthma reliever, Band-aids, triangular bandage, sports strapping tape, blister tape etc.
	Bowl & Mug	Made of hard plastic or light weight material
	Spoon, Knife	Made of hard plastic or light weight material
	Teatowel	
	Steel Wool Soap Pad	Minimum of 6 per person
	Matches	In waterproof container (eg zip lock bag)
	Whistle	on lanyard, for emergency use only
<b>CLOTHING</b>		
	Beanie	Wool/fleece must be able to pull down over the ears
	Sun hat	Full brimmed - floppy, bucket or cricket hat. <b>No peaked caps.</b>
	2 x Collared Shirts	eg. College sports/ house shirts or old business shirt/ light weight hiking shirt.
	2 x Jumpers	1 x must be woollen (eg. school uniform woollen jumper), 1 x Fleece or wool jumper or down jacket. No cotton.
	Hiking pants	Loose and comfortable, quick dry material is best.
		Alternative is knee length shorts worn with knee high gaiters.
	3 x Pairs of Socks	Merino wool hiking socks are the best
	2 x Thermal top & 2 x thermal pants	long sleeve and long leg - Polypropylene or wool
	Underwear	A change for each day
	Hiking Boots	please refer to the Hike Boot letter for details
	Gloves or mittens	Wool, thermal or fleece
<b>BEDDING</b>		
	Sleeping bag	Good quality warm sleeping bag <u>with hood</u> with a comfort rating of at least -2°C and weighing less than 2kg
	Sleeping bag liner (optional)	To protect the sleeping bag and gives extra warmth, (can add up to 3° more warmth)
	Sleeping mat	Closed-cell foam OR self-inflating foam OR air mat. Temperature rating of at least -4, and weighing no more than 750g
<b>Before purchasing gear please refer to the Outdoor Education Buying Guide on STL Link</b>		
<a href="http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/">http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/</a>		
<b>OPTIONAL EXTRAS</b>		
	Bathers	Girls - one piece, Boys - boardshorts or quick dry shorts
	Down vest	extra layer of warmth
	Hiking Leggings	Full length hiking / sports leggings - <b>no cotton</b>
	Pants	optional second pair of warmer pants - fleece is preferred material
	Lightweight Camp shoes	light weight, closed-toe shoes for around camp, eg. Volleys, crocs or similar
	Camera	waterproof or put in ziplock bag
	Entertainment	playing cards, uno, frisbee, hacky sack
	Sunglasses	
	Pillow	very small, light weight, inflatable hiking pillow
	<b>MEDICAL</b>	Personal medical requirements must be clearly labelled, be in its commercial packaging and instructions provided from the student's doctor or pharmacist and in a zip lock bag. This bag is to be given to your Outdoor Education Leader prior to departure, unless otherwise arranged.