

## Newman College Year 10 Outdoor Education Programme Participant Equipment Checklist

### List of Essential and Personal Items

- 1 x Small day pack (to use as hand luggage for bus trip to and from camp).
- 1 x Sleeping Bag – **COMPACT TYPE is essential** with stuff sack or compression bag.
- 1 x Sleeping mat – must be **COMPACT TYPE is essential** or it will not fit in your backpack. Either inflatable or foam mat.
- 1 x Headtorch and plenty of spare batteries to suit.
- 2-3 x Water Bottles – minimum of 3 litres of carrying capacity. Empty Soft Drink or Mt Franklin bottles work well – NO Milk, Juice, Cordial, or other bottles – these bottles will leak.
- 1 x Large bowl – plastic or metal not glass or ceramic
- 1 x Spoon and fork.
- 1 x Drinking mug – plastic or metal not glass or ceramic.
- 2 x Tea Towels.
- Sunscreen 30+ SPF (100 -150mls).
- Insect repellent (100 – 150mls), no aerosol please.
- Hand sanitiser (50 – 100 mls).
- Toothbrush and toothpaste (no other toiletries needed as you won't see showers till you get home).
- Any personal medications must be in a labelled zip lock bag to give to teacher. Must also be noted in medical form.
- Feminine hygiene products.
- 4 x Tough plastic bags large (to be used for waterproofing, storing wet/dirty clothes).

### Clothes

Avoid bringing too much clothing! It takes up valuable space, adds weight to your backpack and probably won't get used.

- 1 x Quality Rain Jacket – **WATERPROOF** not water-resistant.
- 1 x Pair of good quality walking boots/shoes – must be enclosed. Boots must be well worn in before the trip to avoid blisters. A good pair of worn in joggers/trainers are a good option if you do not own boots.
- 1 x Hat
- 1 x Pair of thermal underwear top and pants. To be worn as a base layer at night for warmth is highly recommended.
- 1-2 x Warm jumpers – wool or polar fleece.
- 1 x Warm tracksuit pants.
- 1 x Shorts – quick dry recommended.
- 1 x Lightweight pants or leggings for hiking, no denim jeans.
- 1 x Long sleeve shirts for hiking.
- 2 x T-Shirts
- Socks and underwear
- 1 x Beanie

## Participant Equipment Checklist Continued

### Canoeing specific items

- 1 x Water shoes Dunlop volleys / old joggers / reef shoes (no crocs). These will get wet while canoeing so can't be the same pair you plan to hike with.
- 1 x Thermal underwear top and pants. To be worn as a base layer while canoeing no cotton to be worn on the river.
- 1 x Bather or board shorts – quick dry recommended.

### Optional Items

- Camera – must be waterproof and tough (disposable is good).
- Pair of warm gloves.
- Pair of thongs/slides or sandals for wearing while at campsites.
- Waterproof pants.
- Small towel (tek towel, microfiber towel or Turkish towel DO NOT bring large towel as it will not fit)

**Please pack all the above into a soft sports bag or duffle bag that is clearly labelled. Please avoid packing into hard case travel suitcases.**

**If you can't fit your sleeping bag or mat into your bag, please ensure it is clearly labelled as well.**