PERSONAL CLOTHING AND EQUIPMENT LIST

Adult 4-Day Endeavour Highlights

This list contains the items required for the various conditions and activities you will encounter during the camp. Depending on weather conditions, you will use all or most of the items. As the weather during the course can either have hot/dry or cool/moist conditions, you need to be clothed and equipped for both. Please bring ALL listed items (except where indicated optional). Different people have different reactions to cold or wet conditions. Some people feel the cold very quickly; others remain comfortable in most conditions. Depending on how you feel in cold or wet conditions, you should choose to bring more or less of the optional warm clothing items. If you feel the cold quickly, you should bring the extra thermal underwear, and choose a slightly thicker garment when selecting specific woollen items.

*Think carefully about your selection, as you will be carrying it for the duration of your trip.

WHAT TO BRING

Backpacks, shelters, cooking utensils, sleeping bags and sleeping mats are all provided. You should bring hard wearing and durable clothing.

- WEAR ON THE DAY - you will begin the 4-Day Leadership Highlights in these clothes
  - 1 pair of cotton long trousers, not tight fitting, not track pants. ‘Hard Yakka’ style trousers or cargo pants are ideal. NO JEANS
  - 1 strong, long sleeved shirt (old business shirts are ideal)
  - 1 pair comfortable boots or sturdy track shoes for hiking. Blundstones and elastic sided boots are not suitable and hiking boots must be worn in.
  - 1 set of underwear (cotton preferably)
  - 1 pair medium weight wool or wool/nylon mix socks eg. Explorers
  - 1 hat with brim for sun protection. No caps or straw hats
  - 1 whistle on cord, to be worn around neck at all times

- ESSENTIAL ITEMS - ☑ As you pack!
  - 1 cold packed lunch for first day eg. sandwiches
  - 1 waterproof jacket. MUST BE WATERPROOF – see note on page 2. AVAILABLE FOR HIRE
  - 1 watch (if you have one). Only waterproof watches are suitable.
  - 1 jumpers, medium weight for general use. Must be wool or quality outdoor fleece – see note on page 2
  - 1 jumper for use in water, tight fitting. Must be wool or quality outdoor fleece - see note on page 2.
  - 1 set of long thermal underwear (must be wool or polypropylene NOT COTTON)
  - 1 pair of firm soled sandshoes or runners (for use in water). Dunlop Volley’s are ideal.
  - 2 pairs medium weight wool or wool/nylon mix socks eg. Explorers
  - 2 sets of underwear (cotton preferably). Boxers not recommended for abseiling or rockclimbing. OK for other activities.
  - 1 pair of bathers/swim suit/pair of shorts
  - 1 pair of cotton long trousers, not tight fitting, not track pants. ‘Hard Yakka’ style trousers or cargo pants are ideal. NO JEANS
  - 1 strong long sleeved shirts (old business shirts are ideal)
  - 1 beanie (woollen)
  - sunscreen and sun/wind protection cream for lips
  - minimal toiletries (toothpaste, toothbrush, comb etc). NO AEROSOL DEODORANTS
  - 1 roll of toilet paper (In snap lock bag)
  - 1 lightweight torch (LED head-torch is ideal – bring spare batteries)
  - 1 lightweight eating bowl (preferably stainless steel or very strong plastic)
  - 1 cup or mug (with handle)
  - 1 knife, fork and spoon (strong and durable)
  - 4 litres of water bottles (recycled soft drink bottles, fruit juice bottles ideal). The bottles combined must add up to 4 litres (could be 4 x 1lt or (1 x 2lt + 2 x 1lt etc)). These bottles will be used for group water and will not be used to drink directly from at any time. (Coke/soft drink 1.25lt bottles are good)
  - 1 sports water bottle/personal drink bottle approx 1 litre. You will drink from this
  - 3 extra heavy duty Garden Multix Orange large bin Liners (2 x pack of 3 ask your instructor if unsure)
  - - writing materials (pencil, pen, notebook in waterproof plastic bag)
• **OPTIONAL ITEMS**
  - insect repellent (no aerosols please)
  - disposable waterproof camera or digital camera in a waterproof container
  - 1 pair of woollen gloves or mittens
  - 1 thermarest sleeping mat
  - 1 set of walking poles (if you are used to walking with them and would like some extra support)
  - 1 small pocket knife with blade no longer than 5cm (eg. Swiss Army Knife) Sheath knives or knives with locking blades are strictly prohibited.

• **HIRING EQUIPMENT**
  Suitable waterproof jackets are available for hire. Please complete the attached form and return to the College with payment. Please plan in advance as strict cut off dates apply for ordering.

• **DO NOT BRING**
  Please ensure you do not bring any sheath knives or knives with locking blades, radios, iPods, mobile phones, cosmetics, aerosols, tobacco, alcohol, confectionery, soft drinks, any other food or any specialist camping gear. Please bring a watch as this is a Leadership Course.

• **PACKING**
  All clothing and equipment should be clearly marked with your name to avoid confusion or loss. Please bring clothes in a soft bag – not suitcases.

• **EQUIPMENT CARE AND RESPONSIBILITY**
  Necessary camping equipment (packs, shelters, cooking utensils and sleeping bags) will be issued to participants. The care and responsibility for this equipment will be the participants, who will be expected to pay for the replacement if lost or damaged through irresponsible use.

**NOTES ON CLOTHING AND EQUIPMENT**

• **Waterproof jacket**
  This is an essential item of great importance, since you will be outdoors for the whole course. An effective waterproof jacket will provide protection from cold, wet and wind.

  **It must:**
  - have an effective hood that protects the head and face from rain and wind
  - be ABSOLUTELY waterproof
  - reach at least halfway down your thighs

  Some garments are unsuitable and should not be brought:
  - ski parkas or quilted jackets (they are bulky and NOT waterproof)
  - ‘shower-proof’ spray jackets
  - Lined jackets – eg cotton or flannel lined jackets are unsuitable

  A simple test for waterproofness is to try and suck air through the jacket material. Generally, if air can get through, so can water. However, there are some exceptions. ‘Japara’ and ‘Gore-Tex’ are two types of material that allow water vapour, but not liquid, to pass through; allowing them to ‘breathe’. These jackets are ideal but, however, Gore-Tex is very expensive.

• **Woollen Clothing/Quality Outdoor Fleece**
  Wool is by far (economically) the best fabric for staying warm in wet and cold conditions. It absorbs very little moisture and therefore continues to feel warm, and therefore, does not draw heat from the body to dry the fabric as cotton does. Check the label to make sure the garment is at least 70% wool. The two required medium weight woollen pullovers, are more versatile than one thick jumper. Cotton absorbs up to 25 times its weight in water and is TOTALLY UNSUITABLE as a fabric in clothing intended to keep you warm in the outdoors. **DO NOT BRING** cotton ‘sweatshirts’, football jumpers or tracksuit tops as substitutes for woollen pullovers.
  There are many quality outdoor fleece fabrics hold even less water than wool, and are used to make thermal underwear and pile jackets. This material is ideal, but generally more expensive.

• **Obtaining Clothing**
  Many items can probably be found in the old clothes bag at home, or second hand clothes shops. FASHION IS NOT IMPORTANT. At times in the past, people have bought special boots for walking, these are not necessary. If you feel it necessary to buy anything expensive you may wish to contact the Outdoor Education Department at the College for advice.

  - **Lone Dingo (Todd Mall southern end)** offers a range of equipment suitable for the College’s Outdoor Education program – eg. thermal underwear, Polartec jumpers, waterproof jackets, boots etc.