OUTDOOR EDUCATION

PERSONAL CLOTHING AND EQUIPMENT LIST - MITTAGUNDI

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. Mittagundi is typically wet and very cold at this time of the year. Please bring ALL listed items (except where indicated optional). Clothing designed for downhill skiing is generally not suitable for use at Mittagundi or while cross-country skiing, as they are designed to be dried each evening/day in a lodge! As the groups are snow camping it is essential that the guidelines are carefully followed. Layers of woollen clothing and thermal underwear are essential. Many items can be easily supplied at Mittagundi – these items are marked on the list with a # (waterproof jacket & pants, woollen pants and waterproof over mittens). If you already have your own please bring it, but read the guidelines carefully. If you will need to use Mittagundi gear it will be issued shortly after your arrival – you do not need to book it and there is no extra charge.

Students will not be carrying all items at once, as some will be left at Mittagundi while on expedition. However, think carefully about your selection, as you will be carrying it at some stage.

Not included on this list is clothing for travelling to and from Mittagundi and the time in Melbourne. Students should choose these carefully – think minimal and remember it is winter in Melbourne.

AS DISCUSSED AT THE INFORMATION NIGHT THIS IS AN IMPORTANT TEST OF STUDENTS (NOT PARENTS!) PERSONAL ORGANISATION AND COMMITMENT TO COMING TO MITTAGUNDI. IT IS ONE OF THE ONLY THINGS THAT STUDENTS NEED TO DO TO ASSIST WITH THE RUNNING OF THE TRIP.

WHAT TO BRING

- **ESSENTIAL ITEMS** - ✓ As you pack!, # = available at Mittagundi
  - # waterproof jacket & pants. MUST BE WATERPROOF – see note on page 2.
  - 3 jumpers, medium weight for general use. Must be wool or quality outdoor fleece – see note on page 2.
  - 1 comfortable boots or trackshoes for hiking and working around Mittagundi.
  - 1 pair of sandshoes or runners (spare pair to be kept dry)
  - 6 pairs medium weight wool or wool/nylon mix socks. Explorers are OK, but worth seeking out some 100% wool socks.
  - 1-2 Pairs thermal underwear long top & long bottoms
  - 1 Woollen or quality outdoor fleece gloves or mittens. Vinyl type ski gloves are not suitable. Thermal gloves are good.
  - # waterproof over mittens
  - underwear as required (cotton preferably)
  - # Woollen long trousers or polar fleece equivalent.
  - 2 Tracksuit pants
  - 2 strong long sleeved shirts
  - 1 T-shirts
  - 1 Light collared shirt for sunny days – T Shirts don’t protect neck from sun.
  - 1 Whistle on cord, to be worn around neck at all times at Mittagundi
  - 1 Sunglasses (essential – prevent snowblindness)
  - beanie or balaclava (woollen)
  - 1 broad brimmed hat with brim for sun protection. Bucket hat ideal
  - 1 towel
  - sunscreen and sun/wind protection cream for lips (lip balm)
  - minimal toiletries (toothpaste, toothbrush, comb etc) NO AEROSOL DEODORANT
  - 1 lightweight torch (LED head-torch is ideal – spare batteries are essential)
  - 1 lightweight eating bowl (preferably stainless steel or very strong plastic)
MITTAGUNDI ONLY

☐ 1 cup or mug (with handle)
☐ 1 knife, fork and spoon (strong and durable)
☐ 1 Sports water bottle/personal drink bottle approx 1 litre (check carefully for leaks)
☐ 20 heavy duty plastic garbage bags (for waterproofing clothing)

- OPTIONAL ITEMS
  ☐ Recommended: belt or set of braces (ideal) to keep up waterproof pants when skiing
  ☐ Small/lightweight camera. Disposable waterproof cameras are a good option.

DO NOT BRING

Parents are asked to ensure that students do not bring any pocket knives, cosmetics, tobacco, alcohol.

- LABEL CAREFULLY

ALL CLOTHING AND EQUIPMENT SHOULD BE CLEARLY MARKED WITH YOUR NAME TO AVOID CONFUSION AT MITTAGUNDI, PARTICULARLY IN THE DRYING ROOM. ALL BAGS SHOULD BE CLEARLY TAGGED/LABELLED WITH THE GROUP NAME (ST PHILIP'S COLLEGE MITTAGUNDI).

Please bring clothes in a soft bag if required (eg. sports bag) – not suitcases. Bags must be manageable by students!

- EQUIPMENT CARE AND RESPONSIBILITY

Necessary camping/specialist equipment (Packs, snow tents, skis, cooking utensils and sleeping bags etc.) will be issued to students prior to leaving Alice Springs and at Mittagundi. The care and responsibility for this equipment will be the students, 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 out of doors 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 on inside

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 ‘Goretex’ are two types of material that allow water vapour, but not liquid, to pass through; allowing them to ‘breathe’. These jackets are often expensive.

- Woollen Clothing

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.

Polypropylene (brand names such as Polartec) fabrics hold even less water than wool, and are used to make thermal underwear and pile jackets. This material is excellent, but 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. 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 (2 Parsons St) offers a range of equipment suitable for the College’s Outdoor Education program, – eg. Thermal underwear, Polartec jumpers, waterproof jackets, boots etc.
- Barbeques Galore (Whittaker St, diagonally opposite McDonald’s) offers a range of equipment suitable for the College’s Outdoor Education program– eg. Thermal underwear, Polartec jumpers, waterproof jackets, boots etc.