PERSONAL CLOTHING AND EQUIPMENT LIST

– Year 9 Endeavour Camp

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 season 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). Much of the listed clothing and equipment is also suitable for Year 10 Mittagundi and the Year 11 Leadership Course.

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 optional long underwear, and choose a slightly thicker garment.

Please think carefully about your selection, as you will be carrying it.

In the interests of safety, students must come with all the correct clothing and equipment. Students without the correct clothing will not be allowed to attend.

WHAT TO BRING

Rucksacks, shelters, cooking utensils and sleeping bags are all provided. You should bring hard wearing and durable clothing. All of the following items should be brought/worn on the day students depart.

• WEAR ON THE DAY - you will begin Endeavour Camp 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 collared shirt (old business shirts are ideal)
  □ 1 pair comfortable boots or sturdy track shoes for hiking. Blundstones and elastic sided boots are NOT suitable. Hiking boots must be worn in.
  □ 1 set of underwear (cotton preferably)
  □ 1 pair long 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

• MAIN ESSENTIAL ITEMS - in soft sports bag (no suitcases). This bag will left at the Outdoor Education Shed after you are issued with a backpack  ✔ as you pack!
  □ 1 pair of cotton long trousers, not tight fitting, not track pants. ‘Hard Yakka’ style trousers or cargo pants are ideal. NO JEANS
  □ 1 cold packed lunch for the first day. NO OTHER FOOD/SNACKS PLEASE
  □ 1 waterproof jacket. MUST BE WATERPROOF – see note on page 2
  □ 1 set of thermal underwear (long sleeved top and leggings). Must be wool or polypropylene or quality thermal designed for outdoor use (NOT COTTON)
  □ 2 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 pair of firm soled sandalshoes or runners (for use in water). No Crocs or Speedo type shoes
  □ 3 pairs medium weight wool or wool/nylon mix socks eg. Explorers
  □ 3 sets of underwear (cotton preferably). Boxers not recommended for abseiling /rockclimbing. OK for other activities.
  □ 1 strong long sleeved collared shirt
  □ 1 T-shirt
  □ 1 pair of shorts for swimming (board shorts are ideal)
  □ 1 beanie or balaclava (woollen or quality outdoor fleece)
  □ 1 roll of toilet paper in a sealed plastic 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 sturdy – BUT, NOT DISPOSABLE!)
  □ 1 sports water bottle/personal drink bottle approx 1 litre. Check for leaks. You will drink from this.
  □ 3 litres of water bottles (recycled soft drink bottles or fruit juice bottles ideal). The bottles combined must add up to 3 litres (could be 3 x 1lt or (1 x 2lt + 1 x 1lt) etc). These bottles will be used for group water and will not...
be used to drink directly from at any time. CHECK & TEST THEY DO NOT LEAK. AVOID BRITTLE OR FRAGILE BOTTLES. CLEARLY LABEL

- 6 extra heavy duty Garden Mulitx orange wheeie bin liners
- writing materials (pencil, pen, small notebook in waterproof plastic bag)
- minimal toiletries (toothpaste, toothbrush, comb etc.)
- sunscreen and sun/wind protection cream for lips

OPTIONAL ITEMS
- insect repellent (no aerosols please)
- disposable waterproof camera or digital camera in a waterproof container
- 1 pair of woollen gloves or mittens
- gaiters (shoe and lower leg covering for prickles in socks)

DO NOT BRING
Parents are asked to ensure that students do not bring pocket knives, sheath knives or knives with locking blades, iPods, MP3 players, phones, cosmetics, tobacco, alcohol, confectionery, soft drinks, any other food or any specialist camping gear. NO money should be brought on camp, as the groups will never be near any shops. You do not need to bring a watch.

EQUIPMENT CARE AND RESPONSIBILITY
Necessary camping equipment (packs, shelters, cooking utensils and sleeping bags) will be issued to students. 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. ALL CLOTHING AND EQUIPMENT SHOULD BE CLEARLY MARKED WITH YOUR NAME TO AVOID CONFUSION OR LOSS.

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.

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
☒ any jackets that are lined (eg. Flannel or cotton)

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 often expensive.

Woollen Clothing (or 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 jumpers, 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 parents have brought their children 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, quality outdoor fleece jumpers, waterproof jackets, boots etc.