PERSONAL CLOTHING AND EQUIPMENT LIST

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).

Many items can be easily supplied at the college—these items are marked on the list with a # (e.g. waterproof jacket, all climbing equipment, tents, and specialised equipment). If you already have your own please bring it, but read the guidelines carefully. If you will need to use college equipment it will be issued in class prior to your departure – you do not need to book it and there is no extra charge.

Students will not be carrying all items at once after they arrive in Melbourne. However, think carefully about your selection, as you will be carrying it at some stage along with a reasonable amount of climbing equipment.

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

WHAT TO BRING

• ESSENTIAL ITEMS – ✓ As you pack!, # = available at St Philip’s College Packing session
  
  □  1  # Waterproof jacket. MUST BE WATERPROOF – see note on page 2.
  □  1  #Climbing Harness, Helmet, belay device and karabiner, 3 spare screw gate karabiners, chalk bag and prussicks
  □  1  # pair of climbing
  □  1  # back pack
  □  1  # Tent or Bivvy between 2 people
  □  1  #Trangia stove and fuel bottle between 2 people
  □  1  # Sleeping bag with inner sheet
  □  1  # Ridgerest/ sleeping mat
  □  1  # Rope or climbing equipment package (approx. 5kgs)
  □  1  # Ground sheet
  □  4  pairs medium weight wool or wool/nylon mix socks. Explorers are OK, but worth seeking out some 100% wool socks.
  □  2  jumpers, medium weight for general use. Must be wool or quality outdoor fleece – see note on page 2
  □  1  Pairs thermal underwear long top & long bottoms
  □  1  comfortable boots or track shoes for hiking and travel
  □  1  underwear as required (cotton preferably)
  □  1  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
  □  1  beanie (woollen)
  □  1  broad brimmed hat with brim for sun protection. Bucket hat ideal as it would fit under helmet
  □  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)
  □  1  cup or mug (with handle)
Mt Arapiles Stage 2 Outdoor Education only

☐ 1 knife, fork and spoon (strong and durable)
☐ 1 Sports water bottle/personal drink bottle approx 1 litre (check carefully for leaks)
☐ Small/lightweight camera (photographic evidence of the trip could be beneficial in follow up assignments).
☐ 5 heavy duty plastic garbage bags (for waterproofing clothing)

- OPTIONAL ITEMS
☐ 1 Sunglasses (optional)
☐ Personal rock equipment
☐ 1 Small non-locking blade knife/ multi tool

DO NOT BRING
Parents are asked to ensure that students do not bring any, cosmetics, tobacco, alcohol or drugs.

- LABEL CAREFULLY
ALL CLOTHING AND EQUIPMENT SHOULD BE CLEARLY MARKED WITH YOUR NAME TO AVOID CONFUSION. ALL BAGS SHOULD BE CLEARLY TAGGED/LABELLED WITH THE GROUP NAME (ST PHILIP'S COLLEGE Mt Arapiles).
Please bring clothes in a back pack provided at school

- EQUIPMENT CARE AND RESPONSIBILITY
Necessary camping/specialist equipment (Packs, tents, skis, cooking utensils and sleeping bags etc.) will be issued to students at the college. 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.