



## GEAR LIST

The below gear list is just a suggestion of what would be good to have on your camp. If you cannot source some of the equipment talk to your school as they may have spare, or we may have spare here at APOEC. **Please note** that the following list has been designed for a **three day programme**, please adjust accordingly for different durations. Remember this is an alpine environment where weather conditions can change quickly.

**\*All equipment & clothing should be suitable for outdoor use, and of sturdy construction.**

General Clothing - NAMED	✓
T-shirts & shorts - including at least 1 set to get wet/muddy. Full length t-shirts with sleeves are required for activities (i.e. no singlets or mid-riff/crop tops)	
2 pairs of enclosed lace up shoes/sports sneakers/boots – including 1 pair to get wet/muddy. Jandals, "scuffs", slip-ons, crocs or sandals are not acceptable for activities, only for lodge use.	
1 set of thermals – pants & long sleeve tops	
2 good jumpers (preferably fleece or wool, not cotton, including at least 1 that may get wet)	
Warm trousers	
Wide brim hat (willing to get wet)	
Underwear and socks for each day, plus a spare pair	
Warm beanie/hat and gloves, or sunhat in summer	
Waterproof raincoat - not a poncho or garbage bag	
Recommended: Waterproof overpants	

**We strongly recommend one set of warm dry clothes for indoors, including indoor shoes or slippers**

Sleeping Gear + Toiletries	✓
Sleeping bag or sheets/blanket (none are supplied)	
Pillow (none are supplied)	
Pyjamas	
Toothbrush/toothpaste	
Shampoo/conditioner/body wash/soap (in container)	
Towel (named)	
Minimum SPF 30+ Sunscreen	
Roll on deodorant (NO aerosol)	
Optional: insect repellent (NO aerosol) and microfibre towel	

General Items	✓
Any prescription medication you need <b>***EXTREMELY IMPORTANT***</b>	
Day pack to carry personal items, water bottle, sunscreen and snacks	
Torch and spare batteries (preferably head torch)	
Garbage bags for wet and muddy gear	
At least 2 x 1 litre wide mouth water bottles are essential <b>***EXTREMELY IMPORTANT***</b>	
1 tea towel per person	
Optional: A personal watch; camera (a waterproof disposable camera is ideal)	

**Do NOT bring ANY of the following:** Mobile phones | Valuables such as jewelry as it may get lost | Chewing gum, lollies etc | Any wifi compatible or other electronic devices