



GEAR LIST – CENTRE BASED & EXPEDITION

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

Additional Gear for Camp Out	✓
Lightweight camp out crockery – bowl, cup + cutlery	
Large hiking pack	
1 tea towel per person	
Small sleeping mat (closed cell foam mat from K-Mart is ideal)	
2+ Ziplock bags A4 size (to carry lunch, morning/afternoon tea, and retaining all rubbish in over camp)	

Sleeping Gear + Toiletries	✓
Warm but light sleeping bag (suitable for camp out where temperatures drop dramatically overnight)	
Pillow in a pillow slip (for Centre based nights)	
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	

**** You will also need to pack a normal school lunch for the first day of camp (ideally in a lunchbox please)****

General Items	✓
Any prescription medication you need ***EXTREMELY IMPORTANT***	
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 ***EXTREMELY IMPORTANT***	
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

Why Not Cotton?

Clothing keeps you warm by trapping air next to the skin. When cotton gets wet from sweat or rain, it absorbs all of the water filling up all of the air pockets in the fabric, thus ceasing to insulate the body when the air is colder than your body temperature.

Merino wool naturally wicks away sweat from the body and breathes well; it is best at insulating and feels warmer when damp or wet.

Synthetic garments such as polypropylene, polyester or “propriety blends” may not feel as warm as wool garments when wet, but they are usually cheaper, lighter and pulls sweat away and dries out faster than wool.