

*** WILL BE CHECKED PRIOR TO DEPARTURE AND MUST BE CARRIED. YOU WILL NOT BE ABLE TO PARTICIPATE WITHOUT THESE ITEMS.**

CLOTHING		Packed Y/N
1	Hiking boots/shoes	
1*	Thermal bottom, thermal top, Beanie	
1 per day	Socks	
1 per day	Underwear	
1	Long pants or shorts (avoid cotton and jeans). <i>Preferably quick drying type</i>	
1	T-Shirt (no sleeveless tops or singlets)	
1	Long sleeve shirt	
1	Compact polar fleece OR down jacket/jumper	
1*	Hooded rain jacket and rain pants (MUST be breathable waterproof fabric. Eg. Gortex, eVent, Synapse, hydronaute)	
1*	Hat (preferably wide brimmed hat)	
PERSONAL HYGIENE KIT (in small bag)		
1	Small towel or washcloth (not bath towel)	
1	Sanitising hand gel	
1	Toothbrush and paste	
½ Roll	Toilet paper and Spade	
1	Female Hygiene items as required	
*PERSONAL FIRST AID KIT		
5	Band aids/gauze pads/wound dressing	
2	Medical gloves	
1	Rigid strapping tape (no physio tape)	
1	Triangular bandage	
2	Conforming roll bandage	
1	Antiseptic cream	
1	Stingose or similar	
1	Space blanket	
1	Blister kit	
	Personal medications	
PERSONAL SURVIVAL KIT		
1 pack	Water purification (puri-tabs or aqua tabs)	
1	Whistle	
1 box	Matches in plastic bag	
1	Map and map case (supplied by YouthAdvance)	
1	Compass (supplied by YouthAdvance)	
1	Emergency meal and snacks in glad bag	
1	Pencil/pen & notebook	
1	Sunscreen (30+) and lip balm	
GEAR		
1	Hiking backpack 60 - 75Lt (with waist belt and harness). No travel bags	
1	Waterproof backpack liner (to store items inside when within backpack)	
1*	Tent	
1*	Sleeping bag (minimum -5C rated)	
1	Sleeping bag liner	
1*	Sleeping mat	
1	Stove and gas for stove	
1	Mess kit and pot/pan (plate/bowl, utensils in bag)	
1	Tea Towel	
2 (min)*	Water bottles (totaling 3L)	
1	Small torch (head torch preferable) AND spare batteries	
1	Sunglasses	
1	Watch	
	FOOD **refer to your food Plan**	