

**\* 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	Water shoes/spare light weight runners. Closed toes, NO THONGS	
<b>1*</b>	<b>Thermal bottom, Thermal top, Beanie</b>	
1 per day	Socks.	
1 per day	Underwear	
1	Long Pants or shorts (avoid cotton and jeans). <i>Preferably quick drying type</i>	
2	T-Shirts (no sleeveless tops or singlets)	
1	Long Sleeve Shirt	
1	Compact Polar Fleece OR Down Jacket/Jumper	
<b>1*</b>	<b>Hooded Rain Jacket and Rain pants (MUST be breathable waterproof fabric. Eg. Gortex, eVent, Synapse, hydronaute)</b>	
<b>1*</b>	<b>Hat (preferably wide brimmed hat)</b>	
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	
1	Dishsoap (in small container) and small dishcloth	
*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) (if multi day staying out overnight).	
1	Whistle	
1 Box	Matches in plastic bag	
1	Map and Mapcase (supplied by YouthAdvance)	
1	Compass (supplied by YouthAdvance)	
1	Emergency meal and snacks in glad bag	
1	Large tough Garbage Bags	
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 or heavy duty garbage bags (to store items inside when within backpack)	
<b>1*</b>	<b>Tent</b>	
<b>1*</b>	<b>Sleeping Bag (minimum -5C rated) in a waterproof bag or lined with a rubbish bag. (0C Sleeping bag can be used from mid Spring/ Summer)</b>	
1	Sleeping Bag Liner	
<b>1*</b>	<b>Sleeping Mat or Thermarest</b>	
<b>1</b>	<b>Stove AND Gas for stove</b>	
1	Mess Kit and Pot/Pan (Plate/Bowl, Utensils in bag)	
1	Tea Towel	
<b>2 (min)*</b>	<b>Water Bottles (Totaling 3Lt)</b>	
1	Small Torch (Head Torch preferable) AND Spare Batteries	
1	Sunglasses	
1	Watch	
	FOOD **refer to your food Plan**	

