

Student Equipment Check List

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

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| **CLOTHING** | | **Packed Y/N** |
| 1 | Hiking boots/Shoes |  |
| 1 | Water shoes. Closed toes, NO THONGS **(For Kayak and Gold journeys only**) |  |
| **1\*** | **Thermal bottom, Thermal top, Beanie** |  |
| 1 per day | Socks. |  |
| 1 per day | Underwear |  |
| 1 | Long Pantsor shorts (avoid cotton and jeans). *Preferably quick drying type* |  |
| 2 | T-Shirts (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 |  |
| 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) **(Silver and Gold journeys only)** |  |
| 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  **Kayak only journeys** you can bring any large bag/duffel, it will be left at the bus. |  |
| 1 | Waterproof backpack liner or heavy duty garbage bags (to store items inside backpack) |  |
| **1\*** | **Tent** |  |
| **1\*** | **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)** |  |
| 1 | Sleeping Bag Liner |  |
| **1\*** | **Sleeping Mat or Thermarest** |  |
| **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 3Lt)** |  |
| 1 | Small Torch (Head Torch preferable) AND Spare Batteries |  |
| 1 | Sunglasses |  |
| 1 | Watch |  |
|  | FOOD \*\*refer to your food Plan\*\* |  |

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