ERC YEAR 10 EXPEDITION

PERSONAL EQUIPMENT / CLOTHING CHECKLIST

*** Recommended items for a five-day Expedition ***

[ ] Morning tea and lunch on Day One
[ ] Pencil and small notepad
[ ] Backpack suitable for hiking (min 70 litres). (Can be hired through Optimum Experiences- $30. Please note we have a limited number)
[ ] Sleeping bag
[ ] Sleeping mat (small inflatatable recommended)
[ ] One pair of sturdy shoes/hiking boots AND one pair of old trainers/wetsuit booties (for canoeing)
[ ] Warm jacket (Polar fleeces are great)
[ ] One jumper (preferably woollen)

*** ESSENTIAL ***

SUITABLE WET WEATHER GEAR

[ ] One pair of long pants (not jeans)
[ ] Two or three pairs of shorts
[ ] One or two long-sleeve shirts (UV protection)
[ ] T-shirts (3 or 4) *Thermals are great!*
[ ] Swimming and Canoeing: You will need wet/dry boardshorts, rash vest (canoeing) and hat (wide bream) / cap
[ ] Beanie (warmth at night)
[ ] Socks and underwear for five days
[ ] Toilet bag including sunscreen, roll-on insect repellant and personal medical needs
[ ] Towel
[ ] Small personal first aid kit. (If you have a pre-existing injury make sure you bring your own strapping to prevent further damage)

*** ESSENTIAL ***

Six large garbage bags for waterproofing and separating gear

[ ] Dilly bag and two tea towels, plate/bowl and cup, knife, fork and spoon (Note, not disposable)
[ ] Torch and spare batteries
[ ] 1 or 2 litre drink bottles (recommend bringing own powdered electrolyte drink)

*** NOTE, IF YOU BRING EXTRA, REMEMBER… ***

"What you pack you carry!!"

*** Do not bring – iPods, mobile phones, valuables or junk food ***