ADVENTUROUS JOURNEY TRAMPING GEAR LIST

PERSONAL EQUIPMENT

- [ ] **65-75L Tramping Pack**
Securely holds all of your items so only your drink bottle and bedroll are on the outside.
See some examples here. *This item can be hired from Bigfoot.*

- [ ] **MSC Yellow Pack Liner/Heavy Duty Rubbish Bag**
Goes in pack first to ensure that everything else will be kept dry. Available here from Macpac.

- [ ] **Sleeping Bag**
Follow the link to help you choose a sleeping bag here. Waterproof your sleeping bag using a rubbish bag.

- [ ] **Bed Roll**
An extra separation from the ground to provide comfort and reduce heat loss.

- [ ] **Cell phone (optional)**
Must be kept on flight mode during the journey and only used for photos or communication with parents/caregivers coordinating drop off/pick-ups.

- [ ] **Dry Bags**
We recommend 5L to 15L dry bags to keep key items dry e.g. your warm thermal layers. Find examples of dry bags here. Alternatively, you can use a pack liner or heavy duty black bags.

- [ ] **First Aid Kit**
Small kit which includes insect repellent, sunscreen, plasters, tape, blister treatment materials, and any personal medication you need. Our instructors will also have a first aid kit on them.

- [ ] **Bowl/Plate/Cup/Cutlery**
A bowl can work for breakfast and dinner.
You can get collapsible bowls here which save space in your pack.

- [ ] **Toilet Paper and Hand Sanitiser**
Put in a zip-lock bag to ensure that they stay dry.

PLEASE CLEARLY NAME ALL CLOTHING & GEAR, & ENSURE ALL GEAR FITS IN ONE BAG

- [ ] **Toiletries**
Toothbrush & toothpaste (travel size are great).

- [ ] **Period Products**
Bring a supply & a zip-lock bag for rubbish (whether it is due or not).

- [ ] **Head Torch/Flashlight**
Include spare batteries - Please check these BEFORE coming on the trip - you will need it if walking before or after sundown.

- [ ] **Watch (optional)**
Useful for alarms, time and navigation.

- [ ] **Small Microfiber Cloth**
For drying dishes and hands. See example here.

CLOTHING

- [ ] **Tramping Shoes/Boots**
MUST HAVE - Terrain can be slippery, uneven and hilly.
See examples of boots here and shoes here.

- [ ] **Thick Tramping Socks**
1 x pair to wear each day and 1 x clean pair for at camp. See examples here.

- [ ] **Waterproof Raincoat**
Waterproof and windproof. Gortex-made is best. See examples here.
This item can be hired from Bigfoot.

- [ ] **Waterproof Over-trousers**
Waterproof and windproof. Gortex-made is best. See examples here.
This item can be hired from Bigfoot.

- [ ] **Fleece Jumper**
For evenings and early mornings at camp.
This item can be hired from Bigfoot.

- [ ] **Warm Thermal Layers (Top and Bottoms)**
These are the base layer that keep your core warm. Pack 2 x thermal long sleeve tops and 2 x thermal bottoms. 1 for walking and 1 clean pair for at camp. *This item can be hired from Bigfoot.*

- [ ] **T-Shirt**
1 x Quick Dry Sport fabric T-shirt to walk in. **NOT COTTON.**

- [ ] **Shorts/Zip off Pants**
1 x Quick Dry Sport fabric shorts to walk in. **NOT COTTON.**

- [ ] **Underwear**
One for every day you are away.

- [ ] **Hat/Beanie**
A hat for warmer months, a beanie for winter and keeping your head warm at night.
You can lose a lot of heat from your head alone!

- [ ] **Gloves (optional)**
For people who get cold easily, especially hands and feet – this is recommended.
In winter months, it can be ***very*** cold at night and in the mornings.

- [ ] **Camp Shoes (optional)**
Slides, crocs or jandals. See examples here.

PLEASE CLEARLY NAME ALL CLOTHING & GEAR, & ENSURE ALL GEAR FITS IN ONE BAG

Important Note -
NO cotton clothing will be allowed on the trip.

Cotton holds water and takes heat away from the body.
You will get cold quickly and will not have protection from the wind and rain.
DO NOT BRING ANY COTTON.

All **Macpac** stores offer 30% off Macpac brand items for Duke of Ed participants.

Bivouac Outdoor Albany store offers 15% off for Duke of Ed participants.

Living Simply offers 15% off for Duke of Ed participants, and the ability to hire tramping boots and sleeping bags. Check out their hire equipment here

GROUP EQUIPMENT (TO SHARE IN GROUP OF 3)

- [ ] **3 Person Tent**
You will be sharing a tent with 1 or 2 other people, and will be dividing the pieces of the tent up amongst your friends and their packs.
This item can be hired from Bigfoot.

- [ ] **Stove**
A low to the ground stove is best so it limits the chance of it falling over. Examples of stoves here. *This item can be hired from Bigfoot.*

- [ ] **Cooking Pot**
Something to cook your food in that is big enough for your group's meal. Find an example here. T*his item can be hired from Bigfoot.*

- [ ] **Gas**
Gas to fuel your stove and cook your food. See examples here.
This item can be hired from Bigfoot.

- [ ] **Lighters/Matches**
To use with your cooker.
These items can be hired from Bigfoot with the gas cooker and fuel.

- [ ] **Biodegradable Detergent**
In a small container to clean dishes.

- [ ] **Scouring Sponge**
To clean dishes. *This item can be hired from Bigfoot with gas cooker and fuel.*

FOOD & WATER

- [ ] **Water**
Take a minimum of 2L water with you. Water is usually available from the overnight campsite but may not be available on the journey.

- [ ] **Water Treatment Tablets**
Take 5-10 tablets to put in your water when the water is gathered from an untreated place (e.g. from a stream, a tap – if not bore). Water treatment tablets can be purchased from chemists.

- [ ] **Breakfast**
Quick oats/porridge, muesli, dried fruit, milk powder.

- [ ] **Snacks**
Scroggin (nuts/raisins/seeds), muesli bars, fresh or dried fruit/veggies, jerky, tuna/salmon, crackers with hummus dip or cheese, chocolate for an energy boost.

- [ ] **Lunch**
Typically a non-cooked meal like crackers/cabin bread, bread (sandwiches), pita bread/bagels etc, fillings such as cheese, hummus, salami, peanut butter, vegemite, canned fish, boiled eggs, biscuits/cake, fruit/veggies (such as carrot, celery, cherry tomatoes), couscous (cooks faster than rice).

- [ ] **Dinner**
Soup mix, rice, pasta, dried veggies, dried beans, couscous, lentils. Avoid bringing cans and try to bring the least amount of packaging you can, as you have to carry it.

NOTE: YOU MUST CARRY ALL OF THE MEALS AND SNACKS YOU WILL NEED.

TAKE 50% MORE THAN YOU WOULD NORMALLY EAT ON AN AVERAGE DAY, REMEMBER THIS IS A BIG PHYSICAL OUTPUT AND GOOD FOOD WILL FEEL LIKE A REWARD AT THE END OF EACH DAY!

