

Minimum Clothing and Equipment List

Each student is expected to have adequate personal gear, appropriately labelled with their name. This can be packed into a normal carry bag as any specialised equipment such as tents, tarps, bikepacking bags and stoves will be provided. The equipment listed is what the outdoor program staff state as being the minimum equipment necessary to be safe. Sunhat and sunscreen are essential, but students must also **be prepared for cold weather**.

Bikepacking equipment is quite low volume so **equipment that packs down small and lighter is better**.

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Raincoat <input type="checkbox"/> Overpants (Raincoats and overpants can be borrowed from the school but this must be indicated) <input type="checkbox"/> Sleeping Bag (rated to 5°C comfort rating and pack small) <input type="checkbox"/> Sleeping Bag liner <input type="checkbox"/> Sleeping Mat (no airbeds – self-inflating or foam only) <p><i>If you don't own a small and lightweight sleeping bag and mat please let us know. We have some that students can borrow.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Warm bag (in a separate waterproof bag) containing: <ul style="list-style-type: none"> 1 x Thermal top (not cotton) 1 x Thermal bottom (not cotton) 1 x Wool socks 1 x Beanie 1 x Gloves <input type="checkbox"/> Sunhat <input type="checkbox"/> Sunscreen minimum 30+ and lip cream <input type="checkbox"/> 3 shirts (preferably long sleeve and quick drying) <input type="checkbox"/> 2 jumpers or jackets – woollen, polar fleeces or down (no cotton hoodies) <input type="checkbox"/> Changes of underwear <input type="checkbox"/> 3 pairs of socks | <ul style="list-style-type: none"> <input type="checkbox"/> 2 pairs of shorts or pants <input type="checkbox"/> Toiletries <input type="checkbox"/> Head Torch <input type="checkbox"/> 1 spare set of batteries for torch <input type="checkbox"/> Eating utensils: plastic plates, cutlery and cup <input type="checkbox"/> Tea-towel <input type="checkbox"/> 2 bike bottles (a camelbak can also be handy) <input type="checkbox"/> 5-6 medium sized garbage bags (sturdy) <input type="checkbox"/> 1 pair of comfortable closed shoes to wear around campsites (optional) <input type="checkbox"/> Swimmers including swim top <input type="checkbox"/> 1 towel (large travel towels work well) <input type="checkbox"/> 1 set of clothes (pants/shorts and shirt) to wear home on plane <input type="checkbox"/> Small backpack for carry on and to carry equipment on riding days (20-30L) <input type="checkbox"/> Luggage bag <p>Cycling Specific Gear (In additional to equipment outlined above)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pants for cycling (ideally with padded seat) <input type="checkbox"/> Shoes for cycling (runners will be fine) <input type="checkbox"/> Vest to wear when cooler (optional) <input type="checkbox"/> Bike gloves <input type="checkbox"/> Sunglasses <input type="checkbox"/> Helmet (these can be provided but students may bring their own if they wish) |
|---|---|

Please ensure that any **medications** are labelled, packed in a zip-lock bag and brought on camp. Please ensure you inform the staff of ANY medication which is brought on camp with you. DO NOT pack Panadol, Nurofen or similar – staff will bring supplies and will give them to students as needed.

Do Not Pack

- Energy drinks
- Thongs
- Items contrary to school rules
- Chewing gum
- Aerosol cans of any description – **including** insect repellent and deodorant
- Mobile phones, iPods and MP3s

Notes on Clothing and Equipment

- A PAIR SHOES FOR CYCLING:** Joggers will work OK, but students may find shoes with a stiff sole will provide better support against the pedals of the bike. If students have cycling shoes that work with their clipless peddles that is great (they can bring peddles to fit to their hire bike).
- CYCLING GLOVES:** The pressure placed on the palms of the hand from holding handle bars all day can lead to discomfort. While cycling gloves are not essential, it will help to alleviate this potential discomfort. Given that it could be cold a warm pair of cycling gloves is advised.
- CYCLING SHORTS:** These should be roughly knee length and ideally with padded chamois in the seat of the pants. Students not used to cycling will probably experience some discomfort sitting on a bicycle seat for much of the day, and these padded cycling tights will provide some alleviation to the discomfort, and also help with any potential chaffing.
- VEST:** Whilst not essential this will be particularly useful in the first and last hour of cycling in cooler temperatures. Vests made from Windbloc and Windstopper materials also help on windy days.
- CLOSE FITTING TOPS FOR CYCLING:** Close fitting tops are most useful for cycling because they will not flap about in the wind like normal t-shirt. DO NOT bring sleeveless shirts to cycle in. Long sleeve shirts are best for sun protection.
- A PAIR OF LIGHTWEIGHT SHOES OR JOGGERS:** Any fully enclosed shoes will do as students will not be hiking in these shoes. These will be back ups and also for clean, dry footwear around camp.
- SLEEPING MAT:** These need to pack down small enough to fit into the bike packing bags. Foam mats and other larger mats will work fine for the other camping days but only inflatable expd style mats will fit when touring. If you don't already own one of these please let us know and we can provide one.
- SLEEPING BAG:** Both synthetic and down sleeping bags will be suitable if they can handle temperatures down to at least 5 degrees. However, they will need to pack small to fit in the tour bags. If you are unsure, please let us know and we can advise if your bag will work. We will also have spares available for students. A bag liner is useful when it is hot and help prevent your bag from getting dirty.
- SOCKS:** Cotton socks while comfortable are not suitable. Good socks are very important. Merino wool socks are great as they don't smell (as much).
- RAINJACKET WAIST LENGTH WITH HOOD:** Should come down to the hips but not over and have a functioning hood. Thigh length rain jackets may rub on the rear tire of the bike and are therefore unsuitable. All rain jackets should be fully seam sealed, meaning there is a waterproof layer of tape covering all seams on the jacket. Do not bring plastic ponchos or cotton-based parkas.
- OVERPANTS:** Basic water proof pants for heavy rain. These can be borrowed from Kirrikee but must be indicated by email.
- 2 x WOOLLEN OR FLEECE TOPS OR DOWN JACKET:** A jumper made of wool or synthetic material will provide warmth should temperatures drop and can double as a pillow at night. Both these materials continue to provide warmth even when wet. Cotton jumpers should NOT be brought on camp. Temps could get down to single digits at night. **Puffy Down or Synthetic** jackets are a great alternative to one of the tops. They are warm and lightweight.

- WARM BAG:** This is an essential safety item in case the weather turns. The bag should keep all the following contents dry and separate if students are wet through from bad weather and need to get dry and warm quickly.
 - **WOOLLEN OR FLEECE BEANIE**
 - **GLOVES**
 - **THERMAL UNDERWEAR** top and long johns. Polypropylene is inexpensive, warm in all conditions and quick drying. Other good thermals which are a little more expensive and longer lasting, are made of wool, capilene or chlorofibre. Wool doesn't smell (as much)!!
 - **WARM SOCKS**

Notes on Clothing and Equipment

- WATER BOTTLE:** Bicycle (bidens) bottles are essential to assist hydration while cycling. Water bladder systems (camelbak) that have drinking tubes attached are also useful.
- LUGGAGE BAG:** Any form of luggage will be sufficient to transport the student's equipment onto the plane and on the bus. However, duffle bags, backpacks or soft sided suitcases are easier for us to fit into transport.
- SMALL BACKPACK:** A small backpack (around 20-30L) will be great to help carry the equipment needed throughout the days riding. A bag with a waist strap will help keep the bag tight on the back which is better for riding single track. If the bag can fit a water bladder that would be even better. This bag should also be used for any carry-on items while flying. For the days where we camp overnight away from cars we will be using bikepacking bags to transport the items we need.
- 5-6 MEDIUM SIZE THICK PLASTIC GARBAGE BAGS OR EQUIVALENT:** These serve a variety of purposes. To waterproof a sleeping bag, to separate food from the rest of the student's gear, to separate wet or damp clothing, and for rubbish.
- PLASTIC BAGS OR STUFF SACKS:** very useful for sorting your gear and keeping things clean and dry, in your kitbag and daypack. Stuff sacks called "Dry Bags" are waterproof. Zip lock plastic bags are effective at waterproofing your valuables; maps, medicines, writing material etc
- TOILETRIES:** keep to a minimum, bio-degradable or germicidal soap and shampoo, comb or brush, roll on deodorant, vitamin E cream for sunburn or cracked skin, lipbalm and sunscreen, toothbrush and toothpaste. Note: toilet paper is provided.
- TOWEL:** small size, lightweight. Some nights we will have the opportunity to have a hot shower.
- HEADTORCH:** with spare batteries.
- PERSONAL MEDICAL SUPPLIES:** Instructors carry a wilderness first aid kit for students, but any medications that students are currently taking should be brought and administered themselves (unless the Outdoor Education Department has been informed)
- SUNHAT or CAP:** one that won't blow off! For when we are not cycling.
- SUNGLASSES:** These are a must as they protect the eyes from grit thrown up by bike wheels. They should have some wraparound. Yellow lenses are good as they work both in the sun and overcast days.