

## Minimum Equipment List

Each student is expected to have adequate personal equipment and clothing labelled clearly with their name. This should be packed in a duffel bag or similar. Specialist equipment including tents, packs, cooking stoves and canoeing equipment will be supplied. The equipment listed below is the minimum necessary to ensure safety and warmth in the outdoors.

Students must be prepared for **sub-zero cold** weather overnight, yet a sunhat, eyewear and sunscreen are also essential. Wool clothing and good thermal underwear (available at outdoor shops) are recommended as they retain heat even when wet. Woollen garments can be bought cheaply from any Op Shop such as St. Vincent's de Paul and can be substituted for thermals. Please **do not pack any cotton clothing** as it keeps the wearer cold when wet and takes a long time to dry. For this reason, **cotton is dangerous** to wear in this environment.

## Minimum Equipment Required

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|---|---|
| <input type="checkbox"/> Raincoat with sealed seams and hood  | <input type="checkbox"/> 1-2 pair of long pants (track pants, fleece or soft shells. No jeans or cotton, school track pants are suitable) |
| <input type="checkbox"/> Rainpants with sealed seams  | <input type="checkbox"/> 1 pair of shorts   |
| <input type="checkbox"/> Sleeping bag (rated to at least -5°C comfort)                                      | <input type="checkbox"/> Changes of underwear   |
| <input type="checkbox"/> Sleeping mat (insulated, self-inflating or EVA foam)                               | <input type="checkbox"/> Swimmers   |
| <input type="checkbox"/> Warm bag ( <i>to be stored in a strong waterproof bag: zip-lock or dry bag</i> )   | <input type="checkbox"/> Sunhat (broad brim if possible)  |
| <input type="checkbox"/> 1 thermal top ( <i>wool or synthetic</i> )   | <input type="checkbox"/> Sunscreen and lip balm   |
| <input type="checkbox"/> 1 thermal bottom ( <i>wool or synthetic</i> )                                      | <input type="checkbox"/> Sunglasses (polarised)   |
| <input type="checkbox"/> 1 pair warm gloves   | <input type="checkbox"/> 1 pair of closed-toe shoes (must have good sole) to get wet  |
| <input type="checkbox"/> 1 pair thick socks ( <i>wool or synthetic</i> )                                    | <input type="checkbox"/> 1 pair of warm, light shoes (to stay dry at camp)  |
| <input type="checkbox"/> 1 beanie   | <input type="checkbox"/> Small towel (preferably microfibre/quickdry)   |
| <input type="checkbox"/> 1 extra thermal top (not cotton)   | <input type="checkbox"/> Toothbrush and toothpaste  |
| <input type="checkbox"/> 1 extra thermal bottom (not cotton)  | <input type="checkbox"/> Head torch with spare batteries  |
| <input type="checkbox"/> 1 extra beanie   | <input type="checkbox"/> Eating utensils, bowl, mug and tea towel   |
| <input type="checkbox"/> Neck warmer and/or buff  | <input type="checkbox"/> 2 x 1L water bottles   |
| <input type="checkbox"/> 1 extra pair gloves  | <input type="checkbox"/> 5 large, sturdy garbage bags   |
| <input type="checkbox"/> 3 pairs of thick socks (not cotton)  | <input type="checkbox"/> 5 large zip-lock bags, 3 medium  |
| <input type="checkbox"/> 2 wool jumpers, polar fleeces, soft shell or puffy jackets (no cotton or hoodies)  | <input type="checkbox"/> Clean change of clothes for trip home  |
| <input type="checkbox"/> 1 long sleeve shirt or rashie for paddling in, preferably with collar (not cotton) | <input type="checkbox"/> Personal medications as required   |
| <input type="checkbox"/> 2 T-shirts (not cotton, preferably with collar)                                    | <input type="checkbox"/> Small book or cards (optional)   |

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

## Do Not Pack

- × Chewing gum or energy drinks
- × Items contrary to school rules
- × Aerosol cans of any description – **including** insect repellent and deodorant
- × Thongs or sandals
- × Mobile phones, iPods and MP3s
- × Special or expensive items

## Additional Information

**Raincoat** – This is one of the most important items for this program. The raincoat must have a hood, have sealed seams and should come down past the hips. Gore-Tex, Hydronaute, Event, Pertex, Repel, Milair are waterproof, breathable membranes. Please do not pack ponchos or cotton-lined parkas as a raincoat. Ski jackets are not satisfactory as they are usually not waterproof if it rains and do not breath well.

**Overpants** – Overpants must be fully waterproof and should not be insulated ski pants as students will overheat in them. Rainbird sell affordable but effective overpants, and they can be found in most outdoor stores.

**Sleeping Bag** – Either a synthetic or a down sleeping bag will be suitable for this trip. Down is lighter and packs smaller but is more expensive and if it is not properly waterproofed and gets wet, it will no longer retain warmth. Please ensure that it is rated to at least -5 degrees as a comfort rating (not extreme), as it can get very cold. Packing a sleeping bag liner is also advisable as they can provide extra warmth on cold nights, and keep the sleeping bag (a little) cleaner. Some liners such as the Sea to Summit Thermalite liners can significantly increase the warmth of the bag.

**Sleeping Mats** - Sleeping mats are important as they protect you from the cold however an insulated mattress (Exped, Thermarest etc) is an added luxury that is well worth having. There are a variety of good quality brands that are not excessively priced.

**Warm Bag** – This must be a waterproof bag (such as a strong, large zip-lock bag or preferably a dry bag). The bag is used as an emergency back-up in case everything else becomes wet and students need to get dry and warm quickly. In the bag should be the following items:

- ✓ Thermal top and bottom (made from polyester, polypropylene, capilene or wool)
- ✓ Wool or synthetic socks
- ✓ Beanie
- ✓ Gloves

**Thermals** – As indicated on the gear list, students will need 2 full sets of thermals. One set will be in the warm bag, and the other will be for day-to-day use. This second set must also be made from wool or synthetic material. Wool is a natural fibre and does not retain odour as much as synthetic materials, but is generally more expensive.

**Socks** – Good quality skiing socks have insulative and wicking qualities. This can be a wool mix or insulating hollow core polyester. Cheaper socks tend not to wick moisture away and therefore leave you with clammy and cold feet, especially after the sun has gone. When moisture is held next to the skin this increases the possibility of blisters as the skin is softer. Cotton therefore is not suitable. Please do not pack any cotton socks for the expedition (such as school socks or rugby socks). Synthetic socks (Hole-proof explorer socks from K-Mart are ok) or wool socks are recommended.

**Jackets/Jumpers** – Wool, fleece, soft shell and down or synthetic puffy jackets or jumpers are all acceptable as they provide the best warmth-to-weight ratio and will keep students warm even if they are wet. Polartec jackets are very warm and any jackets containing windstopper are especially good as they block the wind. Students may wish to bring along a down or synthetic jacket if they have one (like a sleeping bag jacket), as they are lightweight and very warm. The disadvantage to these is that if they are wet, they will no longer retain warmth. Soft shell jackets are also great as they are somewhat waterproof and will stop the wind. Cheap fleece or wool jumpers can be found at Lowes or at Vinnies. Cotton jumpers including **hoodies and rugby jerseys should not be brought along** as they will not keep students warm if wet.

**Shirts** – Long sleeve shirts with a collar are the most preferred clothing for paddling in. A polyester or nylon hiking shirt works well for this, otherwise there are more expensive options such as merino wool. Long sleeve shirts provide warmth as well as sun protection and a collar will protect students' neck while paddling.

## Year 9 Murray River Canoeing Gear List

**Long Pants** – Students will often choose to paddle in thermal bottoms with board shorts over the top. A warm pair of track pants can be changed into after paddling each day. Fleece pants are great for night time but tend to be too hot and heavy to paddle in. Please do not pack jeans, army-style pants or cargo pants as all are cotton and are not suitable for this trip.

**Hats and Beanies** – A brimmed hat will provide the best protection from the sun but please make sure they have a chin strap as wind is often a factor on the water. Reflection off the water will make students particularly susceptible to sunburn, so a good quality hat is important. A beanie is essential for the 'Warm Bag' and a spare handy in case one gets wet.

**Sunglasses** – Need to be good quality with 100% U.V. filtering. A spare pair is recommended especially if you have prescription glasses. Please don't send students on camp with expensive pairs, as they may get lost or broken.

**Footwear** – Students will need two pairs of shoes on the canoe trip; one for paddling in, one as a dry pair of shoes for camp. Both must be enclosed and the water shoes should have a good sole that will grip on rocks and slippery surfaces.

**Headtorch** - with spare batteries. Lithium batteries will work much better than alkaline in the cold.

**Water Bottles** – Two x 1 litre bottles as the minimum, to ensure maximum hydration. They should be of good quality to withstand being filled daily with boiling water and will always remain watertight. Polycarbonate or polyethylene with a wide mouth are more suitable than aluminium. Hydration bladder type systems can be handy although will quickly freeze in cold temperatures and can be more fragile. If bringing a hydration bladder, please ensure a spare bottle is brought too. Nalgene bottles are excellent.

**Toiletries** – We encourage students to keep their personal toiletries to a minimum to save space, and to be mindful of the environment however we still want them to pack the essentials. Staff generally recommend the following toiletries be packed for the expedition – Roll-on deodorant, tooth brush and paste, sunscreen, SPF lip balm and pawpaw cream or vitamin E cream for chafing and/or sunburn.

**Soft Luggage Bag** – Students will be packing into dry bags for this expedition. These drybags will be provided at Kirrikee. Any form of luggage bag will be fine to transport the students' equipment down on the bus, however duffle bags are easiest for staff to pack into the bus trailer. A clean change of clothes can be left in this bag to wear home after the program.

**Medication** – Staff carry Wilderness First Aid Kits which contain all necessary over the counter medications and medical supplies for the group (including Panadol, anti-histamines, Naprogesic, etc.) Students should bring with them any medications which they are taking, and should inform their group instructor of how much they take, why they are taking it, when they take it, and how they administer the medication. Please ensure all medications and instructions are provided in the medical form and/or on a note to staff at the beginning of the program. If students wish to self-administer their medication, they may. If parents would prefer staff to be in charge of medication, this can also be organised.

**Garbage Bags and Zip-lock bags** – these are very useful for sorting your gear and keeping things clean and dry. Zip lock plastic bags are effective at waterproofing your valuables; maps, medicines, writing material etc, they also enable students to keep rubbish in discrete, tidy bags throughout the expedition.