

UP THE CREEK

EQUIPMENT LIST

Preparation is fundamental to a good time on your journey. It is important that we have gear and minds arriving able to support an enjoyable adventure. Preparation does not require a large outlay of funds. Op shops, friends and family are all enjoyable ways of preparing yourself for an adventure.

A few thoughts:

- Practice. Find a cold night in the lead up to your adventure. Put on your gear for an hour or so. This will give you peace of mind that you are ready to get the most out of your experience.
- Thinner layers are often warmer than one thicker layer. Thinner layers have the added benefit of allowing comfort when temperatures are less extreme.
- Do not bring everything you own. A well packed bag has everything required and is still manageable to move around.
- Plan for the worst conditions.
- Check the forecast.
- Cotton is great in summer. It keeps you cool in warmer weather.

THINGS TO BRING (Best Materials, Wool, Polypropylene, Fleece):

<input type="checkbox"/> Covid-19 Face mask	<input type="checkbox"/> Medium - sized bag or suitcase (able to be carried by student)
<input type="checkbox"/> Broad brimmed hat	<input type="checkbox"/> Sleeping bag
<input type="checkbox"/> Shirt with collar	<input type="checkbox"/> Pillow slip
<input type="checkbox"/> Woollen or fleece beanie	<input type="checkbox"/> Toothbrush and toothpaste
<input type="checkbox"/> Change of clothes (including underwear)	<input type="checkbox"/> Soap
<input type="checkbox"/> Warm pants x 2	<input type="checkbox"/> Towel
<input type="checkbox"/> Thermals	<input type="checkbox"/> Tea towel
<input type="checkbox"/> Winter Coat	<input type="checkbox"/> Torch
<input type="checkbox"/> Rain Pants	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Rain Coat	<input type="checkbox"/> 1 litre water bottle
<input type="checkbox"/> Pencil Case	<input type="checkbox"/> Personal Medications (noted on medical form, to be clearly marked and handed to person in charge)
<input type="checkbox"/> Underwear	<input type="checkbox"/> Personal Insect Repellent
<input type="checkbox"/> Socks	