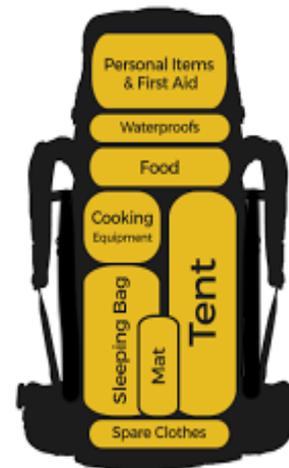


Duke of Edinburgh suggested gear list

The highlighted equipment are compulsory items that you MUST bring with you as a minimum safety requirement. Your instructor may ask to see these items when you arrive at the tramp location.

Personal Gear	
Pack	Large enough to hold everything on the INSIDE of your pack 55-60L is ideal. Anything smaller may result in your peers taking your share of equipment. Tents and bedrolls are the only things that can be on the outside of your pack.
Waterproof pack liner	Yellow mountain safety pack liners are great for its durability and size. A large rubbish bag is fine as long as everything can fit inside it and still be wrapped closed. Be aware that these are likely to rip and therefore lose its waterproofing purpose. Multiple plastic bags will not suffice. Dry bags are fine too.
Sleeping bag	Down packs smaller and is lighter than synthetic. A compression sack is great for packing down larger sleeping bags.
Sleeping bag liner	Optional. Great for a bit extra warmth during winter seasons
Bedroll	Foam or inflatable. This is necessary to keep you insulated from the ground.
Water bottle	Minimum 1.5L Typically, water is only available to be refilled at camp. Water bladders are great but not necessary.
Toilet paper	In a zip lock bag
Wet wipes	Great for a 'bush shower'. These will need to be carried out as rubbish and are not to be disposed in the toilets provided at camp.
Supermarket bag	To carry out your rubbish (dirty clothing can be left on the outside of your pack liner inside your pack).
Personal 1 st Aid	Personal medication , blister tape, plasters, pain relief.
Sun Block	A good idea to put a small portion/ enough for the amount of days you are away into a small container
Insect repellent	Optional
Toothbrush/ toothpaste	
Utensils/ Plate/ Cup	You don't need a full dining set. Only pack what you plan to use. If cooking alone, you could eat from your pot. Do you need a plate or can you eat from your bowl for breakfast and dinner?
Head torch	With spare batteries
Water treatment	Purification tablets are recommended over boiling water (Aqua tabs). Can be brought from outdoor retail stores.
Clothing	
Waterproof rain jacket	With a seam sealed hood and preferably breathable. Lightweight nylon jacket, ski jacket, or hooded down jackets are NOT appropriate.
Waterproof over trousers	Optional. Only recommended during winter months at camp to provide insulation around camp. Not recommended while walking.
Tramping boots	Strong and comfortable. Something with a stiff sole, good tread and ankle support. Running shoes or Timberlands are NOT appropriate
Camp shoes	Optional but recommended. Slides, jandals, crocks are great in dry weather conditions.
Thermal long sleeve and bottoms x2 each	Polypropylene or Merino. Polypropylene is great for when its 'that cold'. Merino is great for warmer climates as merino wool has natural heating and cooling properties. Generally Merino is more expensive but well worth it.
Warm beanie	
Warm jumper	Fleece or wool. NOT cotton.
Fleece pants	Optional but recommended. Great for camp during winter months.
Down jacket	Optional but recommended.
Socks	X2 pairs. 1 for walking, 1 dry pair for camp. Longer than your boots to avoid rubbing. Avoid cotton.
Shorts/ Sports tights and T-shirt	You only need 1 of each. Quick dry sport fabrics are great. Avoid singlets (rubbing of shoulder straps).
Underwear	A pair for each night away
Sunhat, Sunglasses, Gloves	Optional.
Group Gear to share	
Tent	Large enough for your camping group. Not too big or heavy.
Cooker, gas canister	Preferably a cooker that is low to the ground, not directly on top of the gas bottle for safer handling.
Pot/Pan	You don't need to bring a full set if you only plan on using the 1 pot.
Wash up kit	Biodegradable detergent is preferred. Scourer/ sponge.



COTTON CLOTHING IS HAZARDOUS: Cotton holds water and draws heat from the body. A person wearing wet cotton will get cold quickly even if protected from wind and rain. Once wet cotton is heavy and will not dry during the tramp.

We also offer hire options on most things. Please get in touch if you require any of these items.

Pack \$20 Bed roll \$5 Cooker & gas \$20 Pot \$5 Boots \$20 Tent \$20 Rain Jacket \$10