

PACKING INFORMATION

General Advice

The packing list contains the items required for the various environmental conditions and activities that may be encountered during the Outdoor Education Program. Depending on weather conditions, you will use all or most of the items so please bring EVERYTHING listed.

There are 3 items that must be of good quality, as they are essential for students' safety, wellbeing and comfort. These items will be required for all Senior School Outdoor programs.

1. Raincoat
2. Sleeping bag
3. Polar Fleece Jumper

Raincoat

This is an essential item for all outdoor education programs. An effective rain jacket will provide protection from cold, wet and wind. A breathable waterproof fabric is essential.

The following garments are UNSUITABLE and should not be brought on program

- ski parka or quilted jacket
- plastic jacket or yellow PVC raincoats
- spray jacket
- Drizabone



Benefits of Polar Fleece jumpers

Polar Fleece are by far the most economical fabrics for staying warm in wet and cold conditions. They absorb very little moisture and therefore do not rob you of body heat.

Sleeping Bags

Sleeping bags with a rating of **at least -5 degrees are essential**.

A sleeping bag liner is highly recommended, as it improves the thermal qualities of the sleeping bag and helps keep the bag clean.

A compression bag is also essential.

Please be ensure that the sleeping bag isn't too large. It shouldn't take up more than $\frac{1}{4}$ of the backpacks internal space.



The Outdoor Education Department has a very limited supply available for hire. If you wish to hire a sleeping bag at a cost of \$15.00 please email outdoored@sthildas.wa.edu.au



PACKING LIST

Please bring ONLY what is on this list. Anything else is unnecessary and adds weight. This list includes the clothing that students wear on the coach

- Backpack (PROVIDED BY THE SCHOOL)
- Pack Liner & 2 x Dry Bags (PROVIDED BY THE SCHOOL)
- Sleeping Mat (PROVIDED BY THE SCHOOL)
- Gaiters (PROVIDED BY THE SCHOOL)
- Wide brimmed hat & spare cap
- Rain-jacket - **essential**
- Sunglasses
- Walking Shoes – sports shoes are fine
- 2 x Walking Socks –not ankle socks
- 1 x loose fitting **long sleeve shirt** for sun and insect protection
- 2 x T-Shirts
- 2 x shorts (quick dry material – NO DENIM) School sport shorts are perfect.
- 1 x Pair Thermal Top & Bottoms
- 1 x Polar Fleece Jumper - **essential**
- 1 x Long Pants -School tracksuit is fine but may get very dirty
- Warm Beanie
- Bathers & Sarong or small light towel
- Underwear
- Sleeping Bag with compression strap - **essential**
- 2 Liters of water carrying capacity
- Plastic eating bowl, cup, spoon & fork
- 1 x Tea towel
- Sunscreen & Insect repellent - not aerosol
- BASIC Toiletries
- Personal Medication (No Panadol, nurofen etc)
- 2 x sandwich size zip lock bags
- Torch and spare batteries - head torch preferable
- Shoes to wear in the water during activities – must be secure on feet – Not thongs