



SAINT KENTIGERN
COLLEGE

Year 10 Field Centre 2011 – Equipment List

PERSONAL EQUIPMENT

Pack, at least 65 litre
2 large very strong plastic bags as pack liners
High density foam (snow foam) / self inflating sleeping mat
Sleeping bag, warmth is essential
Boots, comfortable, and worn in
Hat - woollen, fleece or polypropylene balaclava
Parka - waterproof with hood
Over trousers - waterproof and windproof
2 long sleeve polypropylene tops / woollen tops
2 sets polypropylene long johns
2 long sleeve tops - woollen jumpers or polar fleece tops
2 pairs tramping shorts
Sunglasses or snow goggles high UV protection
Gloves or mittens
5 sets underwear
5 pairs tramping socks
Torch, plus spare batteries
Personal first aid kit
- allergy medication
- sun screen high UV block
- lip screen
- plasters
- vaseline
- anti bacterial hand wash
Each lodge group has an extensive first aid kit
Toilet gear - soap, flannel, toothpaste, tooth brush, towel
Sun hat/cap
Lightweight shoes for around campsite
Food containers with screw lids, plastic bags
Tea towel, pot scrubber
Pyjamas or similar and a pillow case
Insect repellent
Note book, pen, pencil
Water bottle(s)
Plate, mug, knife, fork and spoon
Camera - optional
Books, cards, chess set - optional
Pocket money (for lunches on route to/from National Park)

GEAR CHECK

Lodge leaders will carry out an equipment and clothing check before we leave for the mountain. It is important that all equipment is up to standard and assembled in good time.

GROUP GEAR

Tent	1 x 4 person
Billies	2 to 3
Frypan	optional
Matches/ lighter	
Gas burner	2 per group
Gas cylinders	x 4, check with lodge leaders for the correct brand and model
1 vivid permanent marker.	

The College has a supply of three and four person tents but if you have your own tramping tent and would prefer to bring it please see your Lodge leader.

TRAVEL GEAR

Wear comfortable and tidy clothes for travelling down to the mountain. Jeans are acceptable as travel clothes but we will not allow any student to wear jeans once we are down on the mountain.

Each student will take a pack and may also carry a small item of hand luggage. Try to get everything into these two bags; don't have equipment tied to the outside of the pack! Keep a jersey and parka in your hand luggage for the arrival at the mountain, just in case. In the ski lodges there are facilities for storing unnecessary equipment and changes of clothing, when we head out on tramps and activities.

HIRE OR BORROW

This gear does not have to be new. It must be serviceable. Equipment can be hired from some camping or sport stores. Check with previous year's Year 10 students, friends and family - they may be willing to lend gear for the trip.

LEAVE AT HOME

Electronic equipment
Cell phones

KEEP IN MIND

We are going to a potentially hostile environment. We have often experienced difficult and challenging conditions but with the correct equipment, clothing, physical training and mental preparation, Year 10 students have proven their ability to handle the conditions and make the most of the experience. We ask that each student give their best, be a part of the team and approach each challenge with a positive and mature attitude.

Thank you.