

## Year 10 Field Centre – Equipment List

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.

### PERSONAL EQUIPMENT

- Tramping Pack, at least 65 litre and fitted correctly
- 2 large very strong plastic bags as pack liners (available from camping stores)
- Day Pack – school bag size – up to 25 litres
- Sleeping mat of a high-density foam or similar
- Sleeping bag, warmth is essential (rated to 0 degrees Celsius at least)
- Tramping Boots, comfortable, worn in
- Warm Hat - woollen, fleece or polypropylene beanie or balaclava
- Raincoat – waterproof and windproof, seam sealed with hood (shell layer)
- Over trousers – waterproof, seam sealed and windproof (shell layer)
- 3 long sleeve Thermal tops - polypropylene/wool (base layer)
- 3 Thermal leggings - polypropylene/wool (base layer)
- 2 Warm Jumpers or Soft Shell – wool or polar fleece (insulation layer)
- 1 Down Jacket or Vest (optional)
- 2 tramping tops – wool, polypropylene, quick dry, dry-fit or similar material (can be short sleeved, recommend one long sleeve for sun protection, collar can help too)
- 2 pairs tramping shorts – quick dry, dry-fit (exercise tights for girls if they want to wear them)
- Sunglasses
- Gloves or mittens – ski style, thermal, woollen, polypropylene
- Underwear (for 8 days)
- 5 pairs tramping socks - wool
- Torch, plus spare batteries (head torch recommended)
- Personal first aid kit
  - allergy medication
  - insect repellent
  - sunscreen - high UV block
  - lip balm
  - plasters
  - Vaseline
  - anti-bacterial hand wash/sanitiser
- Toiletries - soap, flannel, shampoo, toothpaste, toothbrush
- 2 Towels (one small travel towel)
- Sun hat – consider maximum sun protection option
- Lightweight shoes for around campsite – trail runners recommended
- Food containers with screw/click lids,
- Large zip-lock bag – litter bag whilst tramping
- Tea towel, pot scrubber
- Pyjamas or similar and a pillowcase for lodge
- Tissues (optional)
- Notebook, pen, pencil
- 2 Water bottles or drinking bladder (1 Litre each)

- Unbreakable camping plate, mug, knife, fork and spoon
- Camera - optional
- Books, cards, chess set - optional
- Pocket money – for lunch on way down/return journey

### **GROUP GEAR**

Each lodge group will be split into smaller tenting and cooking groups (3-4) for cooking and tenting on the tramping expeditions. The College will supply the 4-man Tents for the tramping expeditions. Each tent group will need to have the following:

- Billies (Camping pot) 2 to 3
- Matches/lighter
- Gas burner (cooker)
- Gas cylinders x 4, check with lodge leaders for the correct brand and model
- 1 vivid permanent marker

This equipment can be sorted out during the early lodge meetings, as some people may already have this equipment and are able to share it with their group.

The College will provide an extensive first aid kit for each lodge.

### **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.

### **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 (minimum 65 litre) and may also carry a day pack on the bus. It is essential that you get everything into these two bags; don't have any equipment, apart from sleeping mat, tied to the outside of the pack. No boots tied to the outside of a pack. Keep a jersey and raincoat in your day pack 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, however it must be in good working condition.

Check with last year's Year 10 students, friends and family - they may be willing to lend gear for the trip.

### **LEAVE AT HOME**

Electronic devices (mobiles/laptops/tablets etc).