



GEAR CHECK LIST

Compulsory Items – per person

Equipment	Yes (tick)
Pack (expedition 60l recommended)	
Day pack (for day expeditions only)	
Notebook and pencil	
*Torch/Head torch, spare batteries	
*Survival Bag/Blanket	
*Compass	
*Whistle	
*Waterproof pack liner	
Food (plan for additional days if caught out by the weather)	
Plastic water bottle or camel	
Sleeping bag	
Shelter (tent or bivvy)	
Waterproof matches or lighter	
*Cooker	
Gas (check quantity)	
Plate and Utensils	
Plastic bag for rubbish removal	
Toiletries (toilet paper, toothbrush, soap, deodorant, sanitary items, towel)	
Knife (small)	

***provided in start-up kit**

Clothing - including what you're wearing	Quantity	Yes (tick)
Parka – waterproof and windproof	1	
Waterproof trousers	1	
Long trousers	2	
Polar fleece top	2	
Polypro top (bottom layer)	2	
Long john polypro (bottom layer)	2	
Beanie or balaclava (all weather)	1	
Sun hat (summer)	1	
Underwear	2	
Gloves (all weather)	1	
Boots	1	
Socks	2	

Personal first aid kit (in waterproof bag/box)	Quantity	Yes (tick)
Adhesive strips (plasters)	10	
Medical tape	1	
Sterilised swabs	3	
Sterilised dressings	2	
Crepe bandage 5 cm	1	
Gauze swab	3	
Disposable gloves	2	
Scissors – Blunt/Sharp	1	
Triangular bandage	1	
Pain relief – paracetamol type (check expiry date)	6 tabs	
Antihistamine (check expiry date)	6 tabs	
Safety Pin	2	
Sunscreen	50ml	

Food	Expedition Days	Suggestions	Yes (tick)
Breakfast		Porridge, Muesli or Weetbix	
Lunch		Tuna, snacks, dried fruit	
Diner		Dried macaroni/pasta meals, rice	
Snacks		Muesli bars (4 per day), scrogan	
Water bottle		1 litre	
Drink sachets		Milo, tea, coffee	

Additional Information

Fly Sheet/Shelter	Fly sheet to consist of tarp approx 2mx3m. These can be purchased from Mitre 10, Bunnings or the Warehouse for approximately \$10-\$15 L1 students will spend their first year under tarp. L2 and L3 students may use tents.
Plastic Bag for rubbish	Please take all your rubbish out with you. Leave No Trace
Cooker	Ensure you check your gas. Warning - Do not cook in your tents under any circumstance
Gear	If you are having trouble sourcing your equipment please let your supervisor know.