

# Equipment List

For students enrolled in Outdoor Education, Outdoor Environmental Education, Outdoor Recreation Education, Nature Tourism, Natural Resources Education & Physical and Outdoor Education Courses

**This document is intended to prevent poor choice when purchasing essential items of outdoor gear.**

## Recommendations:

- That you purchase from an Outdoor Specialist store; they generally have suitable lightweight camping equipment & can offer advice.
- Choose the best quality of gear you can afford.

## Note:

- Examples of equipment recommended by students are included below.
- Students without adequate equipment may not be permitted on trips.
- Save money by making some gear (shown \*) for your gear assignment
- Most outdoor specialist shops in Bendigo stock this equipment.
- The university provides camping flies & most canoeing & climbing gear.
- Place your name & phone number on all your equipment.
- Opp. Shops are good for cheap clothing, wool jumpers, cutlery, etc.
- For undergraduate students, your first trip will be early in the semester.

## Compulsory Gear List;

Students will be expected to carry the correct equipment to deal with ALL weather situations on ALL trips. For some trips, you will be asked to present for display your Outer Shell gear or your Inner Shell & Safety gear. Students MUST have this equipment for each trip.

Refer to Background notes below so you choose the recommended items of gear.

	<b>Outershell requirements</b>		<b>Inner shell &amp; Safety</b>
1	<u>Waterproof parka</u> with hood suitable for bushwalking and ski touring		<u>Jumpers</u> x 2 (wool or polar fleece, NOT cotton or fleece lined)
2	<u>Overtrousers</u>		<u>Thermals</u> - top and bottom
3	<u>Boots</u> - up to ankles, with heel		<u>Socks</u> x3 eg. Explorer type
4	<u>Gaiters</u> - suitable for bushwalking and snow walking.		<u>Sun screen</u>
5	<u>Hats</u> x2 - sun and beanie		<u>Relevant map</u>
6	<u>Gloves</u> - wool or polar fleece		<u>Compass</u>
			<u>Whistle</u>

## EQUIPMENT LISTS

Trip preparation suggestions:

1. Post these lists in your room; refer to it for each trip.
2. Check Weather forecast to guide what to include/exclude for each trip
3. For most bushwalks & camps use a 2 bag packing system: Bag 1: main pack, goes in trailer, Bag 2 Bus Bag (gear to take on bus with you.)
4. Put your name on everything you would like returned if lost.
5. Adapt these lists to suit your own needs
6. Additional safety gear like Personal Locator Beacons (PLB's), hand-held GPS navigation units, etc are helpful, but not essential.

You must provide the following, except for tent, poles & pegs (The uni can provide flys and snow tents in winter; some students though provide their own):

### Bushwalking & Camping

Tent, poles, pegs	Maps & compass	Candles, holder, lighter
Groundsheet	Map case	Cord
	Spare map & compass	
Sleep Bag & innersheet	Stove & fuel (Label fuel bottle 'FUEL')	Mobile phone (rec. also 'bush-charger' unit.)
Air mattress	Lighter	First aid kit
(or Sleep Mat)	Stove windshield	Snake bite kit
Mossie net (for uni flys)		Blister kit
Compression straps/bags		
	Billy	Pack liners
Parka & OT's	Billy grips	Torch
Gaiters	Cutlery	Spare torch
Boots & socks	Bowl	Pocket knife
Hat - sun, wool	Sit mat	Food
	Mug	Nibbles
Spare clothes	Water bladders 2 of.	Water
Underwear		
Thermals - top & bottom	Camera/video charged batteries	Water bottles (attach duct tape, lackas)
Gloves		Hand lens
Wool jumper	Toilet paper & trowel	
Warm jacket	Journal & pen	Binoculars
L/S shirt	Books - field guides	PLB - optional in 1 <sup>st</sup> yr
Togs	Dry bag covers	GPS - optional in 1 <sup>st</sup> yr
Spare socks	Trip notes & folder	Altimeter - ditto

## SKI TOURING / SNOW SHOEING

As for Bushwalking and Camping, but with the addition of the following.

Remember, you pay costs for ski hire (skis, boots, poles).

Some menu suggestions are included; adapt as you see fit.

<b>Tent, sleeping, clothing</b>	<b>Cooking &amp; Food</b>	<b>General</b>
- snow pegs	- Group biscuits/day	- packliner if rain likely
- roll matt (weather proof cover if carry outside pack)	- Fruit - 2/day - Vege - 4/day	- Snow shovel - Snow shoes
- sit matts, small (2) - groundsheet - Tent squeegee/wiper (to remove condensation)	<b>Stove kit:</b> 2 lighters, fuel tablets, fuel, stove board, wind shield, billy & bag, billy grips.	<b>Emergency Kit:</b> Bum bag, phone (wpc with emerg. Ph.No.'s, laminated), spare compass & map, lighter, candle, gloves, dunny paper, knife, cord, tape,
- snow tent - check guys	<b>Scroggin:</b> sunflower, pepitas, dried fruit, pea-nuts, ....(500g/4days)	<b>Blister kit:</b> tape, Vaseline, plastic bags...,
- additional cord for tent storm guys	<b>Breakfast:</b> Porridge with sunflowers, sultanas, honey	- dunny paper + spare in WP containers
- w/proof ski gloves	<b>Lunches:</b> pre made sandwiches, 2 pieces fruit	- nylon rubbish bag
- ski gloves & mitts	<b>Dinner:</b> 4 vege's with packet soup. Stewed dried fruit.	<b>Sun Kit:</b> L/S shirt, S/screen (sealed plast.b), S/glasses w. strap (cont.), sun hat & spare
- spare sun and warm hats and gloves	Muesli Bars: 4/day	<b>Ski kit:</b> skis, poles, boots (spare laces), safety straps, repair kit.
Optional: 1 spare jumper/tops Down jacket & booties Spare thermals & socks	Remember, don't forget Stove board	Water: 2lit juice container, 1.5L w.bottle
		40m navigation cord

## Paddling

As for Bushwalking and Camping, but with the addition of the following.

When packing for Paddle trips, use a 3 bag system: Bag 1: your walk pack, with camping gear secured inside in water proofed liner (refer to Bushwalking and camping list above), Bag2: Bus bag. Bag 3: Paddle bag, including paddle kit, clothing to paddle in for the day, lunch, ...

The University will provide boats, paddles, PFD, throw bags, etc. First year focus is primarily on open water and moving water (grade 1) canoeing (kayaking is an elective in second and third year for some courses).

Note: To minimize foot impalement injuries, we recommend for warm water paddling old sandals (eg. Volley OC's) & for cold water paddling wetsuit boots with impale resistant soles.

We don't use canoe barrels on uni paddle trips to waterproof gear; only your rucksacks waterproofed as recommended. (Barrels do not work in one of the rescue techniques we teach)

<b>Compulsory Paddle Kit</b>	
1	Weather kit: Parka, over-trousers, thermals, jumper
2	Sun kit: hat, l/s shirt, leg protection. Sun glasses (rec. polarized) with floating neck cord.
3	Navigation kit: Map, compass, w/proof pen
4	Safety kit: whistle on cord, footwear, w/p first aid kit. lighter. Water bottle,
5	Boat kit: bailer, sponge, sit & knee mats, pack liner, painter
6	Changing & drying: small groundsheet to stand on, towel, 15m (clothesline ) cord
7	Secure above in dry bags, inside Paddle bag.

### **What the university can provide**

**Note:** Most of this equipment is available for hire (free of charge) for your own personal use in free time or holidays, from the Outdoor Store, but you **MUST EARN BORROWING RIGHTS** upon early first year trips, under the supervision of university staff, where you will be assessed on safety, competency, care of gear, etc.

<b>Bushwalking, or any other camping situations:</b>	Flys (no floor - you provide groundsheet)
<b>Paddling:</b>	Canoes, paddles, PFD's,
<b>Skiing/snow shoeing</b>	Snow tents, snow shoes
<b>Climbing</b>	Climbing harness, ropes, gear racks, guide books.
<b>Field Guides</b>	To supplement those you provide
<b>Binoculars</b>	Variety to choose from
<b>...and a whole lot more</b>	

## Background notes on Gear

Item	Notes
<b>Boots</b>	Seek good tread, ideally with a heel. Suitable for snow, thick bush & rocky terrain. Allow for expansion of foot in hot conditions (suggest wear two socks when fitting) Lightweight boots ideal; many good brands available. Recommend ankle height rather than low cut.
<b>Socks</b>	Ankle high walk socks. Recommend 3 of. Wear two socks when walking through snow, 1 spare. Eg. Explorer type or specialist walk socks.
<b>Sleep Bag</b>	Down recommended, suitable for at least minus 10 deg.C.. Must have hood & zip for heat control. Compression sack* desirable.
<b>Innersheet*</b>	Cotton or silk. Protects sleeping bag & helps keep you warm
<b>Pack</b>	Get fitted for your size. Large enough to carry gear for 7 day walk. Suitable to do pack floats (large throat) & go through abrasive scrub. Minimum side pockets. Note: Pack so all gear goes INSIDE the pack; travel bags unsuitable as a pack. EG. MacPac, Sea To Summit, One Planet,...
<b>Waterproof pack liner*</b>	Place inside pack to keep gear waterproof, particularly when doing capsizing drills on canoe tours with full packs.
<b>Parka</b>	MUST be waterproof. Hood essential. Length to extend beyond waist & preferably lower than bottom. Zipped front. Abrasion resistant for when walking off track through scrub. Parkas are critical survival items in wet/windy weather; it is essential that you choose this item of gear with care.
<b>Over trousers**</b>	Must be waterproof. Ensure can be pulled on when wearing boots. Also for off track walking through scrub. Can get good ones for around \$30.
<b>Compass</b>	Long & clear base required with 2 degree graduations & magnifier. eg. Silva Explorer 203
<b>Whistle</b>	Acme thunderer plastic whistles good. Join together with compass on neck cord.
<b>Gaiters*</b>	Stiff so that are self supporting. Eg. Canvas. Good for snake & scrub protection and in snow.
<b>Stove</b>	Metho type stoves recommended. Eg. Larger Trangia
<b>Dry bags*</b>	A range of bags for clothes, journal, field guides, etc- to keep essentials dry in rain, pack floating, paddling
<b>Torch*</b>	Head torches (LED) recommended

<b>Cord</b>	Venetian blind cord 15m
<b>Canoe Cord (painter)</b>	2-3m long, from 6-9mm diameter. For securing boats on shore (attach carabiner to end). Use also for knot tying practice & assessment. (No polypropylene rope)
<b>Wool jumper</b>	Use also for fire safety - bushfire and stoves. Try Opp. Shops; old wool school jumpers ideal.
<b>Fleece top**</b>	Or similar - high collar, zipped front. For all other non-fire - risk situations for keeping warm. 1 or 2 of.
<b>Shirt</b>	Long sleeved for sun protection (one of dad's old cotton business shirts are fine)
<b>Sleeping insulation</b>	Closed cell foam mat or hikers air mattress. For comfort and when sleeping on snow.
<b>Thermals</b>	Top and bottom - at least one pair essential
<b>First aid &amp; snake kit</b>	Eg. St Johns Large Leisure First Aid kit & Envenomation Kit* ( <a href="http://www.stjohnvic.com.au">www.stjohnvic.com.au</a> ). More details in your text.
<b>Sun kit</b>	Wide brimmed hat with chin cord (winds), sunscreen, sunglasses (floating neck cord*).
<b>Ground sheet/tarp</b>	Lightweight 6'x8' groundsheet for use to sleep on. Also lightweight 10'x12' tarp to sleep under. (sizes approx.). If using uni. Flys then must have a groundsheet.
<b>Maps- Semester 1</b>	<b>Mandurang</b> 1:25000, Howitt-Selwyn 1:50000 <b>or</b> Watersheds of the King, Howqua and Jamieson rivers, Outdoor Leisure Series, 1:50000 map of <b>Lake Eildon</b> . Laminate maps.
<b>Maps - Semester 2</b>	Alpine Outdoor Leisure Series Map, 1:50000.
<b>Text</b>	Handbook of the Bushwalking and Mountaineering Training Board Inc, <b>Bushwalking and Ski Touring Leadership</b> , 2001 This is an essential text; and from which many exam questions are drawn!
<b>Trip Journal</b>	A5 bound or spiral booklet to record trip observations and reflections. Becomes a source document for assignments.
<b>Canoe Kit</b>	Bailer*, sponge, closed cell foam sleep mat(to make sit and kneel pads), fine-tipped waterproof marking pen, painter.
<b>Bus Bag *</b>	A large bag to carry gear for those long hours you will spend on a bus. Great to hold pillow, wallet, readings, ipod, drink, nibbles & especially your headtorch, jumper & parka when working in rain to unload packs from trailer for late night campsite arrivals.
<b>Extras</b>	Refer to the text for notes on shorts, trousers, water bottles & bladders, billies, trowel, mending kit, lighters, etc.