



# Duke of Ed with Outward Bound Australia

## Equipment Checklist

Clothing		
Tick	Item	Quantity
	Boots/shoes for hiking	1
	Camp shoes (enclosed)	1
	Socks	2-3 pairs
	Shorts or long pants (to walk in)	1
	Long sleeve shirt (to walk in)	2
	Thermal base layer (for camp)	1
	Warm outer layer (preferably not cotton – Fleece or wool)	1
	Rain Jacket	1
	Rain pants (optional)	1
	Hat	1
	Beanie (cooler months)	1
	Sunglasses	1



<b>Equipment</b>		
<b>Tick</b>	<b>Item</b>	<b>Quantity</b>
	Backpack – 65L (minimum)	1
	Pack liner (optional)	1
	Tent	1
	Sleeping bag	1
	Sleeping mat	1
	Stove	1
	Fuel	100ml per meal
	Lighter/matches	1 packet
	Pots/pans	1 set
	Cutlery	1 set
	Water bottle or hydration bladder (4 Litre capacity)	4 litre capacity
	Food (enough for journey duration)	
	Rubbish bags (can be used as pack liner)	5-10
	Pocket knife	1
	First aid kit	1
	Head torch	1
	Sunscreen	50ml
	Insect repellent	50ml
	Mobile phone or watch (for alarms and time keeping)	1