



Land's Edge Clothing & Equipment List

The following list outlines the clothing and equipment that Land's Edge recommends be brought with you on your program. We have **highlighted** items that are **essential** and **must** be brought. The list has been developed so that all activities and weather scenarios are catered for.

Clothing Checklist

	Waterproof jacket	Waterproof breathable fabric is best. This allows you to be active and not sweat. Mid thigh length with a hood, zipper or button up front. Must be 100% waterproof and tear resistant. Please no lined or padded jackets
	Waterproof pants	Waterproof breathable fabric is best
	1 pairs of shoes	These must be comfortable and provide good support. Walking shoes or boots must be well broken in! Good tread for grip in slippery areas and high enough to provide good ankle support. Leather or Gore Tex is best. Leather boots need a waterproof treatment before the trip (Dubbin or Snow Seal).
	3 pairs of socks	Comfortable and warm for walking in. The thick types are best, however, you may wish to bring a thin pair as well. No cotton
	2 pairs of long pants (Depending on length of trip, one may suffice)	1 pair of synthetic material or quick dry pants for daytime and 1 pair of warm fleece material for cold evenings. Definitely NO DENIM
	2 t-shirts	Old ones
	1pair of shorts (optional)	Must be good for walking in (zip of pants can count)
	2 jumpers	Wool or polar fleece – NOT COTTON
	1 long sleeve shirts	Excellent for keeping the sun off and staying cool
	Underwear	As many as you see fit
	Sun hat	Preferably a broad brimmed hat or at least a cap
	Bandanna or silk style scarf	
	Beanie	
	Sunglasses	
	Thermal pants and top	Not cotton , must be poly-propylene or fine weave wool. Cotton tights not accepted



Equipment Checklist

	Sleeping bag	Down filled recommended, (rated to 0c is ideal). Bags that compress into a small stuff sack are best. Bulky cotton bags are not suitable
	Insulation Mat	Body length Thermarest or closed cell foam sleeping pad
	Inner sheet	A silk or fleece sheet for inside you bag adds warmth and comfort. It also protects your bag from getting dirty
	Water bottle	You must be able to carry a minimum of 2 litres of water. Recycled plastic bottles are suitable
	Bushwalking pack	Needs to be a minimum of 65 litres and be specifically for overnight hiking. No travel packs
	Torch	A head torch or small hand held variety with spare batteries
	Toiletries	Just the basics, toothbrush and paste etc.
	Sunscreen	30+ water resistant
	Utensils	Cup, plate, bowl, knife, fork, spoon and tea towel
	Personal 1 st aid kit	Strapping tape, bandaids, antiseptic cream and tweezers
	Garbage bags	5 heavy duty bags to waterproof clothing and equipment
	Insect repellent	
	Personal medication	Any personal medication you are currently taking
	Whistle	
	Camera	Optional

Your Land's Edge Program is designed for both lightweight travel and camping. Remember, all the clothing and equipment you bring will need to fit into your pack plus food plus certain items of group equipment (such as stoves, fuel bottles and tents).

Oxley can provide tents, cookers, packs, maps, compasses and whistles.

Important Notice: This need not be an expensive exercise! Please ask friends or neighbours who have been on Outdoor Education programs before and have some of this equipment. We recommend that borrowing from these sources be undertaken prior to purchasing the equipment.