

ESSENTIALS – you must bring these items to your practical journeys. We reserve the right for our instructors to send you home if you don't, in the interest of group safety.

- Hiking backpack (60-75 litre capacity)
- Tent
- Cooker, gas and pot
- Compass
- Roll mat
- Waterproof jacket - seams are taped
- Waterproof pants
- 2 x Sets of thermals / polypro (tops and bottoms)
- Tramping footwear suitable for 3 days carrying a pack – boots can be hired from Living Simply in Newmarket – call 524 7957
- 1 x Fleece jumper – NO COTTON
- 2 x woolen socks
- Woolen or fleece hat (beanie)
- Quick drying shorts and t-shirt – NO COTTON
- Sleeping bag
- Pack liner or large rubbish bag
- Torch and batteries
- Personal medication including strapping tape and plasters
- Water bottles with at least 2 litres capacity
- Camp shoes – footwear must be worn at camp
- Sun hat and sunscreen
- Food – lightweight and nutritious

These items can be hired from Bigfoot Adventures

## My Journey Gear List



### OTHER ITEMS

- Gloves (polypro)
- Fleece pants
- Spare underwear
- Cup/bowl/knife/fork/spoon, *best if they are plastic and lightweight!*
- Toiletries
- Camera (with waterproof cover)
- Plastic bags for rubbish and wet / dirty clothes
- Mini survival kit
- Watch
- Dishwashing equipment
- Gaiters (optional)
- Walking poles (optional)
- DoE booklet - double wrapped in resealable plastic bags

### NOTES

- You can get 30% off at Macpac stores – just tell them you are doing your Duke of Edinburgh Award.
- Tent, cooker and pots can be shared in a group or 2-4 students. If you hire these items you may be assigned a group to share with.
- Anything carried on the outside of a pack needs to be waterproofed ie wrapped in a rubbish bag
- Bigfoot Adventures will supply:
  - Emergency communication device, group first aid kit, maps, bush rope and emergency shelter.