

Outdoor Education

Year 9 Equipment and Clothing List



St Leonard's College
An education for life.

PROVIDED BY COLLEGE (Students can bring their own if suitable)

Hiking Rucksack	Large (65-80 Litres).
Waterproof jacket	Gore-Tex or japara, must have hood.
Overpants	Gore-Tex or japara.

STUDENTS TO BRING Please pack everything **inside** a duffel bag, small suitcase or similar.

Toiletries	Toothbrush and toothpaste. Hair brush, deodorant (must be roll on). Tampons/pads for girls.
2 x 1L water bottles	Strong, durable and leak proof.
Head torch and spare batteries	Spare batteries in zip lock bag for waterproofing.
Spare plastic bags	5 x recycled plastic shopping bags, 5 zip lock sandwich bags
Whistle	On lanyard, for emergency use only

CLOTHING

Beanie	Wool / fleece must be able to pull down over the ears.
1 x Sun hat	Full brimmed - floppy, bucket or legionnaires hat. No peak caps.
3 x Collared shirts	College sport top + house top + extra.
2 x Jumpers	Must be fleece or wool. One could be down jacket. No cotton.
1 x Hiking Pants	Loose and comfortable, quick dry material. Alternative is knee length shorts worn with knee high gaiters
3 x Pairs socks	High quality hiking socks, we recommend merino wool
2 sets of Thermal top and pants	Polypropylene or wool, long sleeve and long pants (to be worn under wetsuit and at night).
Underwear	A change for each day
Hiking boots/Runners	We strongly recommend hiking boots. Otherwise cross trainers are ok.

MESS KIT

Plate and bowl	Durable strong plastic or tin. Needs to be appropriate for camping. No ceramics or glass.
Mug	Durable strong plastic or tin. Needs to be appropriate for camping. No ceramics or glass.
Knife, fork, spoon	Durable strong plastic is best
Tea towel	
Steel wool soap pads	For cleaning stove & pots
Matches	In waterproof container/ziplock bag for lighting cooking stove

BEDDING

Sleeping bag	Good quality. MUST have a hood and draw string and be rated to at least -2. Pack down no larger than 20L.
Sleeping mat	Air mat, self-inflating or closed cell foam
Pillow (optional)	Very small inflatable travel pillow
Sheet liner (optional)	Protects the sleeping bag and gives extra warmth

Bedding items available for hire or purchase through "Camplist" by ONE PLANET [here](#). Or in store at Vast Outdoors, Nepean Highway.

MEDICAL

Personal medical requirements must be clearly labelled, be in its commercial packaging and instructions provided. This is to be given to staff prior to departure.

Personal first aid kit and medication. Which may include: Asthma inhaler, band-aids, lip balm, sports tape, insect repellent and 50+ sunscreen (roll on is best, no aerosols please).

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OPTIONAL EXTRAS

Camera	In waterproof bag.
Book / cards / travel games	
Pants	Second pair of warm pants. Polar fleece preferred material.
Gloves	Polypropylene, fleece or wool.
Bathers	Girls – one piece, boys – boardshorts or quick dry shorts
Wet shoes / camp shoes	Lightweight, enclosed toe shoes for canoeing and / or wearing around camp. Eg. Old sneakers, crocs.
Travel towel	Microfibre / lightweight travel towel

FOOD

4 Breakfasts, 3 lunches, 4 dinners, scroggin/snacks, 1 emergency meal.

Details on suitable food to bring can be found on the [Year 9 Outdoor Education STL Link page here.](#)

Morning tea and lunch for Monday – packed in a plastic bag / packable shopping bag for the bus.

ANAPHYLAXIS POLICY

The College Anaphylaxis policy seeks to minimise the risk of students coming into contact with nuts and nut products. Students should not bring any products containing nuts or nut products to College activities.

Please consult [Outdoor Education recommended buying guide on STL Link](#) before purchasing any equipment.
learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/

