

# OUTDOOR EDUCATION YEAR 7 EQUIPMENT AND CLOTHING LIST

STL approved clothing and gear  
rental and/ or purchase available  
from:

[Vast Outdoors online or instore](#)

[One Planet Camp List - enter "St Leonards College", year 7 camps](#)

STUDENTS TO BRING	
Hiking Backpack	Bushwalking specific backpack (65-80 Litres)
Pack liner	heavy duty 150L garbage bag or proper pack liner
Waterproof jacket	Gore-Tex or equivalent, must have hood.
Waterproof pants	Gore- tex or equivalent
Toiletries	toothbrush and toothpaste. Optional- Small shampoo, conditioner, hair brush, deodorant (must be roll on). Tampons/pads for girls.
2 x 1L water bottles	Strong, durable and leak proof - 1X sports drink bottle that can fit in a bike holder
Head Torch & spare batteries	
Day pack	For carrying morning tea, lunch, full water bottle and book / travel games on bus
Mess kit	Durable camping set of: knife, fork, spoon, bowl, plate, mug and a tea towel.
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 as required. Which may include: Asthma inhaler, band-aids, lip balm, sports tape, deodorant (roll on is best, no aerosols please).	
Hand sanitiser	
Insect repellent	
Sunscreen	
CLOTHING	
Beanie	Wool/fleece must be able to pull down over the ears
Sun hat + sun glasses	Full brimmed - floppy, bucket or legionnaires hat. <b>No peak caps.</b>
3 x Collared shirts	College sport top + house top + one more
2 x Jumpers	<b>1 fleece or wool, second one can be fleece, wool or down.</b> No cotton.
1 x Pants	Hiking pants or tracksuit pants - <b>No Denim</b>
2 x shorts	College sports shorts ideal - No Denim or short shorts
4 x Pairs socks	
Pyjamas	
Thermal top & pants	Polypropylene or wool, long sleeve & long pants
Underwear	A change for each day.
Wet shoes	Enclosed shoe for water activities, eg dunlop volleys, wetsuit booties, old runners.
Runners	Strong comfortable shoes for walking.
Bathers	For swimming (girls one piece bathers only)
Towel	
BEDDING	
Sleeping bag	High quality sleeping bag, with hood - we recommend -2 degree rating. 1.5kg weight and packs to less than 15L.
Sleeping Mat	Lightweight and compact. Eg. Exped Air matt, therm-a -rest Self inflating matt or a closed cell foam matt
Pillow	optional
Sheet Liner (optional)	Protects the sleeping bag and gives extra warmth
OPTIONAL EXTRAS	
Camera	In waterproof bag.
Book / cards / travel games	
Rash Top	rash top for sun protection whilst swimming
Long sleeved collared shirt	Hiking / Business shirt
FOOD	
Bring morning tea, drink and lunch for Monday	
Scroggin (snacks) for the week X5	<a href="https://learn.stleonards.vic.edu.au/outdoored/year-7-camp-ibis/">https://learn.stleonards.vic.edu.au/outdoored/year-7-camp-ibis/</a>
Please see "How to make scroggin instructional video" for help with this on the STL page	
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.	