

Outdoor Education

Year 10 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.
Trangia stove and pots	Trangia supplied for cooking with fuel bottle
Tent	2 or 3 person depending on tent groupings

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

Toiletries	Toothbrush and toothpaste. Roll of Toilet paper (in ziplock bag). Hairbrush, deodorant (must be roll on). Tampons/pads for girls. Optional – wet wipes
3 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.
2 x Collared shirts	College sport top + house top + extra.
2 x Jumpers	One must be wool or fleece, the other can be fleece, wool or down. 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	3 x Thick Woollen.
2 x Thermal top and pants	Polypropylene or merino wool. Must be long sleeve & long legs, must have 2 sets.
Underwear	A change for each day
Hiking boots	
Gloves/Mittens	Wool, thermal or fleece

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. Weigh less than 2kg.
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 "Camplis" 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.
Bathers	Girls – one piece, boys – boardshorts or quick dry shorts
Wet shoes / camp shoes	Lightweight, enclosed toe shoes for wearing around camp and / or crossing rivers. Eg. Old sneakers, crocs.
Travel towel	Microfibre / lightweight travel towel

FOOD

5 Breakfasts, 4 lunches, 5 dinners, scroggin/snacks, 1 emergency meal.
Details on suitable food to bring can be found on STL link https://learn.stleonards.vic.edu.au/outdoored/year-10-alpine-hike/
Morning tea and lunch for day one – 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/

