

Outdoor Education

Year 7 Equipment and Clothing List



St Leonard's College
An education for life.

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

Hiking Backpack	Bushwalking specific backpack, Large (65-80 Litres).
Pack liner	Heavy duty 150L garbage bag or proper pack liner
Waterproof jacket	Gore-Tex or equivalent, must have hood.
Overpants	Gore-Tex or equivalent.
Toiletries	Toothbrush and toothpaste. Small shampoo, conditioner, 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.
Day Pack	For carrying morning tea, lunch, full water bottle and book/travel games on bus.

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.
Plastic cutlery	Plastic butter knives only. No sharp knives.
Tea towel	

CLOTHING

1 x 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	One must be wool the other can be fleece or wool or down. No cotton.
1 x Pants	Hiking pants or tracksuit pants. No denim or cotton leggings.
2 x Shorts	College sports shorts ideal. No denim or short shorts.
4 x Pairs socks	3 x Thick Woollen; 1 x sports socks.
Pyjamas	
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.
Old runners or water shoes (closed toe)	Sturdy, enclosed shoe for water activities.
Runners	Strong comfortable shoes for walking / riding.
Bathers and rashie (shoulder cover)	For swimming. Girls one piece bathers only.
Towel	Travel towel / quick dry is best.

BEDDING

Sleeping bag	Good quality. MUST have a hood and draw string and be rated to at least -2, 1.5kg weight and packs to less than 15L.
Sleeping mat	Lightweight and compact. Eg. Exped Air mat, Therm-a-rest self-inflating closed cell foam.
Pillow (optional)	Must be small otherwise will not fit in hiking packs.
Sheet liner (optional)	Protects the sleeping bag and gives extra warmth.

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	
Rash top	Rash top for sun protection whilst swimming.
Shirt	Long-sleeved and collared, Hiking/Business shirt.

FOOD

Bring morning tea, drink and lunch for Monday (all other meals are provided).	
4 x Scroggin (snacks)	Suggest one bag per day,
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.

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

