

Duke of Edinburgh Gear List

Please use this list as a guide when packing for your Outdoor Education program with Southbound Adventures

Where do I start?

- This list caters for all possible eventualities in respect to weather and the type of activities you will be partaking in
- This does not need to be an expensive exercise - equipment can often be borrowed from friends and family
- We recommend all valuable items be labelled prior to attending a Southbound Adventures Program

Southbound Adventures will provide the following equipment and gear complimentary

Trangia Stoves + Fuel	4	Cooking groups of 3 or 4 students
Navigation and Communications	All	Maps, compass and all emergency communication devices
Hygiene supplies	All	Including soaps, toilet paper, and scourers
Group Tarp	1	Group shelter particularly for wet weather programs
Ipad	1	For capturing the funny moments and as an educational resource
Activity specific equipment	All	As required Southbound Adventures will provide all Activity Specific equipment including but not limited to: Canoe: PFD's, canoes & paddles Roping: Helmet, harness and hardware (headtorch when caving) Mountain Biking: Helmet, gloves, pads and bicycle (lights for night riding as applicable)

What do I pack my gear in?

Bags	Soft sports bag OR	1	Appropriate for Canoeing or Mountain Biking expeditions
	Hiking Pack	1	65 - 75 litre hiking pack with a sturdy and comfortable harness including waist belt (if hiking)

What are the essential items I will need for any outdoors program?

Clothing	Rain Jacket	1	Constructed from a breathable, waterproof material i.e. GoreTex, E-Vent
	Walking shoes	1 pair	1 pair comfortable, worn in lace up walking shoes with a sturdy rubber sole (hiking boots are recommended if you have weak ankles or knees)
	Flat sole shoes	1 pair	1 pair enclosed, sturdy rubber soled lace up shoes (e.g. volleys or old runners) to be used as wet shoes for canoeing, mountain biking or caving
	Jumpers	2	Polar fleece or Wool
	Sun Hat	1	Broad brim - UPF 50+ is strongly advised, or cap as an absolute minimum
	Socks (pair)	1 per day	Comfortable walking socks
	Underwear	1 per day	
	T-shirts	3	Collared shirts are recommended - no singlets
	Shorts	2	Knee length i.e. board shorts
	Long Pants	1	Tracksuit or light cotton
	Thermal underwear	1 set	Wool or Polypropylene, recommended from April - October

Essential Winter Items	Beanie	1	Polar fleece or wool
	Gloves	1 pair	Light inner gloves recommended (wool or polypropylene)
Recommended Summer Items	Long sleeve shirt	1	Light cotton shirt for sun protection - UPF 50+
	Swimmers + Towel	1	Girls: One-piece swimmers Boys: Board shorts
Sleeping items	Sleeping Bag	1	Down or Synthetic with a -5 degree rating. We recommend the use of an inner sheet or thermal liner
	Inner sheet	1	We recommend either cotton or silk as a minimum for summer, or a thermal liner during the winter months
	Sleeping Mat	1	Compact self-inflating "thermarest" or compressed foam mat. Essential to keep you warm at night!
	Tent	1	2-3 person tent is ideal. Be sure to set it up prior to your expedition. Check the poles and pegs.
	Ground sheet	1	2 x 2m square to place under your tent for added waterproofing

	Food	All	All food for the duration of the expedition (breakfast, lunch, dinner and snacks). Strictly no nuts.
	Towel	1	Light and compact microfibre or chamois style recommended
	Sunscreen	1	Small tube approximately 200ml - SPF 30+
	Sunglasses	1	Optional but highly recommended
	Insect repellent	1	Especially necessary during the warmer months
	Watch	1	Optional but helpful
	Head torch	1	Essential for individual safety at night. Remember to check your batteries and include some spares!
	Toiletries	Basics	Toothbrush, Toothpaste, small travel soap, sanitary items as required
	First aid	Personal Only	Personal supplies only e.g. preventative brace, strapping tape, personal medications
	Water bottle	2	2 x 1 litre water bottles. We recommend nalgene bottles - they make fantastic hot water bottles!
	Waterproofing bags	See	4 Heavy duty garbage bags + 10 Snap lock bags or a variety of dry bags to suit your needs
	Utensils	1 of each	Cup, plate, bowl, fork and spoon
	Tea Towels	2	For drying your personal items after each meal

Do you require additional equipment at discounted prices?

Please visit the Southbound Adventures website and follow links to our online Gear Store

Fast and reliable delivery is available

www.southbound.com.au