



## RONCALLI COLLEGE

### YEAR 10 OUTDOOR EDUCATION TRIP EQUIPMENT CHECK LIST

1. Hats - 1 sunhat and 1 woollen (or similar) hat  
2 woollen jerseys or polarfleece  
T shirts (2)  
Changes in underwear  
1 pair shorts (quick drying preferable)  
Swimming togs  
1 pair long trousers/tracksuit pants - not jeans  
2 pair of polypro long johns  
2 pair of polypro tops  
4 pairs of Woollen socks (no cotton)  
Parka or raincoat (these must be waterproof: School jackets, the majority of 'trendy' jackets, snowboard/ski jackets **ARE NOT** suitable)  
Handkerchiefs  
Woollen mitts or polyprop gloves  
2 pair of Footwear - Casual shoes plus sturdy walking shoes that you don't mind getting wet or muddy
2. Toiletries include - towel, soap, toothbrush and paste, sunscreen, lip balm, insect repellent  
Sleeping bag - good quality (suitable for camping out)  
Sleeping bag liner (a single flannelette sheet folded in half and stitched across the bottom and part way up the side is quite suitable)  
Plastic bags and ties (various sizes for keeping clothing and equipment dry, and for used clothing)
3. Tea towel  
Drink bottle (not glass) with a screw top  
Plates, cup (non breakable) and cutlery, in a named bag.
4. 1 container of **home-made** biscuits or cake (for morning and afternoon teas and supper)  
1 container (small plastic bag approx. 200g) of scroggin
5. Torch (small)
6. Personal First Aid Kit (in a sealed plastic bag or soap container) containing 4 or 5 adhesive bandages, closures, sterile bandages, rolled bandage and second skin
7. Pen or pencil; notebook or notepaper. Book (novel). Games (cards, dice etc.)
8. **CUT LUNCH FOR THE FIRST DAY** - should be larger than your usual school lunch.

#### **NOTES**

Please **name** clearly all belongings

Put your gear in a good quality tramping pack with a **VERY LARGE** plastic liner (this item is compulsory)

(The liners are available through the school, at a cost of \$5 each).

If you do not have any of the required items try to borrow them. This does not apply to boots. Some packs, parkas, sleeping bags and polypros are available through school.

**DO NOT BRING** money, radios, cassette players etc. valuable or breakable items, jewellery, hair dryers, cosmetics.