

# Y Outdoors DOE Gear List

## ▶ MANDATORY GEAR

- Tramping Pack (60L at least) and pack liner
- Sleeping Bag (temperature rating of -1 degrees or lower)
- Sleeping Mat (must fit inside pack)
- Lightweight Tent (may be shared with other people of the same gender)
- Rain Jacket (**must** be waterproof and include a hood)
- Walking Shoes (tramping boots with ankle support is ideal, running shoes with adequate grip are acceptable). **Do not bring casual shoes** (converse, vans, etc)
- Water Bottle (2L capacity minimum)
- Head Torch
- Toiletries

## ▶ MANDATORY CLOTHING

The below list is mandatory for an overnight expedition. Bring more for longer expeditions.

- 2 x base layer top (thermal/polypro)
- 1 x base layer bottoms (thermal/polypro)
- 1 x shorts
- 2 x T-Shirts (no cotton or denim)
- 2 x middle layers (wool or fleece, no cotton)
- 2 x thick hiking socks
- 2 x underwear
- 1 x beanie
- 1 x sunhat

## ▶ COOKING EQUIPMENT & FOOD

Prepare your food plan according to the duration of your expedition. We recommend cooking in groups of 2 - 3 when applicable. Y Outdoors provides stoves and fuel.

- Lightweight Pots
- Mess Kit
- Appropriate Cutlery
- Plate/Bowl
- Mug
- Tea Towel
- Dishwashing Liquid

**PLEASE NOTE: Everything taken into the bush **must** be taken back out (Leave No Trace).**

## ▶ RECOMMENDED EXTRAS

Y Outdoors Instructor carry comprehensive trauma kits

- Personal first aid kit (personal medication, plasters, blister pads, insect repellent, sunscreen)
- Survival Kit (string, method of lighting fire, survival blanket, compass, whistle, water purification tablets, etc)
- DOE Record Book

▶ Y Outdoors can provide the following gear at an extra cost:

- ▶ Tent - \$20
- ▶ Pack - \$20
- ▶ Sleeping Bag - \$20
- ▶ Sleeping Mat - \$10

PLEASE NOTE: we keep lost property for one week and then donate unclaimed items to a local second hand shop. Any lost property must be collected from camp.

