



Journey Equipment list

For students to get the most of their sea kayaking journey, they need to be prepared with the correct equipment and clothing. In Victoria it is possible to experience all 4 seasons in one day and this can feel even more exaggerated when on a sea kayaking program. It is therefore extremely important that your child packs adequate clothing and equipment. Activities do not stop for poor weather; so your child needs to be dressed accordingly!

When sea kayaking packing space is a minimum; however, half the fun is the challenge of making everything fit into a small space.

This is the same Equipment list a one night program as for 5 night program

EQUIPMENT LIST

Ensure: All items on this equipment list are with you before your journey begins.

Safety: Medication and Medical summaries must be provided to school supervisors or East Coast Kayaking staff.

Remember:
IT'S NOT ABOUT LOOKING GOOD,
ITS ABOUT BEING SUN SMART!!

SUN SMART

- ✓ Sunscreen (30+)
- ✓ 30 + lip balm
- ✓ Zink Sticks (sun Zapper) Blue, Pink and White
- ✓ Sunglasses (UV protection)
 - Reasonably priced glasses are available at chemists \$25-35
- ✓ Long sleeved shirts with collar (Sun Smart/ mosquito defence x 1 (mum or dad's old work shirts are a great idea!)
- ✓ Full brim or legionnaire type hat – NOT A CAP (blistered Ears!)



Safety



Sun Smart



Equipment

CLOTHING

- ✓ Waterproof jacket with hood (must be fully waterproof. Not a sports jacket)
- ✓ Polypropylene Thermal underwear (top and pants) (NO cotton/nylon)
- ✓ Woollen or Fleece Jumper x 1 (NO cotton Jumps, cold when wet & dry slowly!)
- ✓ Light weight cotton pants OR old tracksuit pants/ trousers for mosquito defence. (Jeans for bus travel only. Jeans are not suitable during the program (quick-dry board shorts preferable) x 1
- ✓ Tee-shirts (NO singlet tops; think Sun Smart) x 1
- ✓ Changes of underwear x 2
- ✓ Woollen Socks (NO cotton ankle socks) x 2 one pair for in the sleeping bag and the other for day use in the kayak.
- ✓ Beanie
- ✓ Sturdy lace-up runners with good grip x 2 (NO slip-on, flip-flops or sandals):
 - 1 pair for kayaking (old runners which are still comfortable to go walking in)
 - 1 pairs for cruising around camp and along the beach and playing games.

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COOKING GROUPS

- ✓ 4 person Trangia stove
 - ✓ 1 litre methylated spirits
 - ✓ Camping specific fuel bottle
 - ✓ Sharp knife
 - ✓ Wooden spoon
 - ✓ Tea Towel
 - ✓ Small Scrubber
 - ✓ Plate/small chopping board
 - ✓ Detergent
 - ✓ Tents (no larger than a 4 person tent (they will not fit in the kayaks))
- Groups of 4 work well

Do not Bring to camp...

Valuable items are not to be brought to camp. All items brought to camp are the student's responsibility. Mobile phones (there is no reception), cd/dvd players, iPods or similar are not to be brought. The only electronic items allowed are a torch and a camera.

TOILETRIES

- ✓ Soap/alcohol gel
 - ✓ Toothpaste – small tube can you share with in your cooking/tent group
 - ✓ Toothbrush
 - ✓ Roll-on deodorant (no aerosols)
 - ✓ Insect repellent (no aerosols)
 - ✓ Toilet paper
- Get organised, most of this can be shared with you cooking/tent group

MEDICATION

- ✓ Ventolin & Asthma Action Plan (if applicable)
- ✓ 2 x Epi-Pen & Anaphylactic Action Plan (if applicable) Two Epi-Pens are a requirement for remote settings.
- ✓ Prescribed medication and dosages – parent's letter

OPTIONAL EXTRAS

- ✓ Woollen fleece gloves (NO SKI GLOVES - they turn into a sponge)
- ✓ Disposable waterproof camera
- ✓ Binoculars
- ✓ Compass

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TIPS ON WHAT TO LOOK FOR WHEN PURCHASING/HIRING/BORROWING EQUIPMENT:

Fleece/Woolen Jumpers (you can normally find these in an Opportunity shop)

NO cotton jumpers as cotton garments make the participant warmer in a wet and cold environment. Fleece is the best as it keeps you warm even when wet, plus it dries out fast. Fleece is designed for cold conditions and is essential for sea kayaking/hiking/camping/canoeing and rafting. It is handy at other times of the year (e.g. wearing to the MCG on a cold Friday night!). Tight polar fleece tops/bottoms (100 weight) can also be used as a thermal layer. These need to go underneath Board shorts or jumpers and can also be worn as pyjamas.

Waterproof Jacket (Japara): *It rains a lot at Victoria!*

- ✓ All students must have a waterproof jacket.
- ✓ Use a Japara (**not oiled**) or Gore-Tex jacket without lining (not a ski jacket). Nylon sports jackets are **not** considered waterproof jackets and are unacceptable clothing. It is most important that students have jackets that stay dry during extended exposure to rain as activities do not stop if it is raining.

Polypropylene Thermal Underwear: *It gets really cold on the program!*

- ✓ Polypropylene thermal underwear is designed for cold conditions and is essential for hiking/camping/canoeing and rafting. It is handy at other times of the year (e.g. wearing to the MCG on a cold Friday night!). Tight polar fleece tops/bottoms (100 weight) can also be used as a thermal layer. These need to go underneath tracksuits/t-shirts or jumpers and can also be worn as pyjamas.
- ✓ Thermals combined with quick-dry board shorts are the best clothing for long wet days in the rain as long pants get wet and stay cold all day as well as feeling quite heavy. Both thermal underwear tops and pants and board shorts dry quickly and stay warm even if wet.
- ✓ Cotton or nylon underclothes are not acceptable as they do not keep students warm and are not appropriate in cold or wet weather.

Sleeping Bag/ Stuff sack with compression straps: : *You need a good night's sleep!*

Sleeping bags with a rating for around zero degrees are sufficient for the program. It is important to have a good sleeping bag for a warm night's sleep under the stars, in dorms and in tents. The size of the bag when packed must be relatively small. 'Stuff sacks' with compression straps are essential to make the bag as small as possible and can be purchased at any outdoor/camping shop. Synthetic fill or polyester bags are recommended, as they still provide warmth if wet. Although they are bulkier than down, they are cheaper, easier to clean and easier to dry.

All required and recommended equipment is available from all outdoor shops and most camping and disposal stores.