



## QUEST – GEAR CHECKLIST

Student Name \_\_\_\_\_

Dear Parent / Caregiver

This list details the items which students should bring to camp in order to participate safely in the program.

### Students may bring two bags to camp:

- A suitcase measuring no more than 70 cm in length (the longest edge);
- A comfortable supportive sports backpack (size - approx 35-40 litres). Able to contain lunch, snacks, water, first aid kit, rain jacket and jumper whilst on activities e.g. mountain biking

### Important

Due to the activities undertaken clothing can become extremely dirty and may become damaged. It is advisable to use old clothing and not expensive fashion garments. Clothing must be practical for activities undertaken and sun safe.

### CLOTHING:

2 – 3 pairs of track pants or leggings	
5 T-shirts (must have elbow length sleeves and cover stomach, <b>no crop tops / singlets</b> ) <i>Cotton T shirts with collars are an advantage.</i>	
3 long sleeved cotton shirts for sun safety	
2 warm jumpers (wool or fleece)	
2 sets Thermals – long sleeve top and bottoms	
14 pairs of underwear	
9 pairs socks (lightweight sports)	
5 pairs thick socks e.g. Explorer	
Bathers – bikinis are not permissible, shorts and T shirt can be used	
2 pairs of shorts – not overly brief as need to be appropriate length for vigorous activity and rock climbing.	
1 wide brimmed College hat	
Comfortable boots/shoes for trekking (ankle support preferred). <i>Do not bring skate shoes or slip-on canvas shoes.</i> A sole with aggressive grip is required. Break them in well before camp!!	
Leather work gloves, long pants and sturdy footwear (as above, not runners) – required for Environmental Restoration ( <i>this is a Government requirement as students will be Conservation Volunteers for Parks Victoria</i> )	
2 towels	
Old runners to get wet for canoeing, they need some grip.	
1 beanie and gloves	

**Do not bring new footwear which has not been worn in.**

### PERSONAL FIRST AID KIT:

Sun screen	
Blister kit (Elastoplast sticky tape, a 5cm square piece of foam that can be shaped to go around a blister, gauze, 2-3 antiseptic wipes)	
Broad non-stretch elastoplast sticky tape	
Band-aids	
Any prescribed medication (describe use on medical form)	
Roll on insect repellent	
2 elastic roller bandages	
1 triangular bandage	

### SLEEPING GEAR: Will be used trekking on the 4 day walk - keep as small as possible

Sleeping bag (-5 rated (ensure this rating is from a reputable manufacturer), low bulk, small in size when in bag) + compression sack	
Closed cell foam or self-inflating sleeping mat (low bulk, small in size when folded)	
Sleeping bag liner - cotton (can make out of old sheet) or synthetic. Used for cleanliness, added warmth or as a sheet when hot.	
One pillow (take on coach) plus a spare pillow case	

**CASH:**

Students should not bring more than \$30 in cash. For meals on each coach trip.	
Students should also bring \$7:00 in \$1 and \$2 coins for laundry ( <i>in case laundry needs to be done</i> )	

**OTHER ITEMS:**

Quest Journal + 5 x pen/pencil	
Small head torch and spare batteries (2-3 sets)	
Small folding blade pocket knife e.g. Swiss army knife, Leatherman style – <b>Do not bring a sheath knife</b>	
Sunglasses	
Wrist Watch - digital	
Knife, Fork, Spoon and Mug (not china)	
Whistle on a neck cord	
20m of nylon blind cord	
1/2 a roll of toilet paper – for Final Journey	
6 heavy-duty garbage bags (Glad Tough) + 1 Orange Thick Garbage Bag (used for waterproofing)	
Toiletries (roll on deodorant, <b>no aerosols and no make-up</b> )	
Feminine Hygiene Kit (Zip lock bags, brown paper bags, sanitary items, tissues, pain relief and body wipes) - <b>Always have the 'just in case' pack</b>	
2 tea towels	
Water bottles to hold 4.5 litres.(max. size per bottle 1.5 litres) <b>or</b> Water/wine Bladder of 4 litres with tough protective cover (homemade or can purchase from outdoor shop) 1litre wide mouth water bottle	
<b>One</b> of the following options to carry their lunch: (see the Quest declares war on waste document for details) Option 1: One container with at least three compartments. Option 2: One larger container and two smaller containers. Option 3: One larger container with two <b>reusable</b> snap lock bags that fit inside.	
<b>1</b> packet of sweet biscuits (CONTAINING NO NUTS PLEASE) to be handed to staff before boarding coach (for communal suppers). Take biscuits you like to eat.	
Baby Wipes/Wet Wipes pack of 20 x 2 - Are great for 4 day walk and daily lunch hand cleaning	
Small Antibacterial Gel eg: Aqium	

**The College will provide:**

- tents;
- tables and chairs;
- food (apart from outward and return coach journey);
- backpack;
- waterproof jacket;
- cooking equipment (including matches or lighters);
- all activity related equipment.

As a general guideline, items and substances which students are not permitted to have on the College grounds are also not permitted on camp.

To assist the College to meet the objectives of Quest, please ensure your child leaves all electronic devices and magazines at home. The impact of the camp learning experience will be far more enhanced without these. Staff cannot guarantee the items' safety against damage, moisture or theft.

## Some grey areas that may need clarification:

- No electronic appliances are permitted;
- Cameras (not part of a smart phone or game device) can be brought and are encouraged
- Large knives are not permitted, nothing larger than a Swiss Army knife.
- Make up is not permitted;
- No more cash than the \$30 stipulated previously;
- No additional food is to be brought (food in tents is a temptation for vermin and native animals);
- Jeans are not permitted (very cold when wet);
- Tank tops or crop tops are not permitted (sun safety / modesty).

**Prohibited items will be confiscated for the duration of the camp. They will be returned via the Year Level Manager at the College.**