



## JAMES SHEAHAN CATHOLIC HIGH SCHOOL EQUIPMENT LIST OUTDOOR ED EXCURSION

**IT IS VITAL THAT ALL CLOTHING AND EQUIPMENT IS CLEARLY LABELLED  
WITH YOUR CHILD'S NAME**

Essential (each student must have the following):

- 1.5 litre drink bottle or equivalent
- Towel
- Sleeping bag
- Mess Kit – comprising of plate, bowl, mug, knife, fork, spoon, and tea towel, this kit is best in a cloth bag with a drawstring.
- Personal toiletries gear
- Sun hat and beanie
- Sunscreen and lip balm
- Swimmers/board shorts and towel (2nd towel)
- 3 pairs of shoes:
  - 1 – for hiking (comfortable/ adequate foot support)
  - 2 – for bike riding and general camp wear
  - 3 – old pair of runners/joggers/river booties for canoeing (they will get wet and muddy)
- Torch with **spare** set of batteries
- Raincoat that is windproof, waterproof and has a hood
- Enough suitable clothing for hot and cold weather for 5 days in the Snowy Mountains
- 2 large plastic garbage bags and few plastic shopping bags for wet dirty/ gear
- Med- large day pack (Sheahan school bag is required)
- Set of thermal underwear the top must be long sleeved (wool or polypropylene, **not** cotton)
- Gloves
- Sunglasses

### Optional

Camera

### Student Notes

- There will be 8 teams of students. Each team will have 20 – 25 students and be on a separate rotation of activities for the camp. All children will have an opportunity to do all activities.
- The base for this program will be Bungarra Alpine Centre.
- There will be two separate campsites set up and students will sleep in 3 person tents and cook their dinner on Trangia stoves during one night at camp.
- All breakfast and dinners for groups staying at the centre will be eaten together.
- Each morning at breakfast students will make their own lunch to take with them during the day
- All specialist equipment for activities will be supplied
- Instruction for all activities will be by specialist instructors employed by the Bungarra Centre
- During canoeing all students will wear a buoyancy vest (and cag if required)
- During mountain biking all students will wear helmets and gloves
- The weather in the Snowy Mountains can change rapidly, it may be very warm or it may be very cold and even snow, students are required to bring suitable clothing for this environment.
- This program has been designed to cater for all Year 9 students and requires a reasonable level of fitness