

# Southbound Adventures Residential School Program Gear List

Please use this list as a guide when packing for your Southbound Adventures Outdoor Education Program

## Where do I start?

- This list caters for all possible eventualities in respect to weather and the type of activities you will be partaking in
- This does not need to be an expensive exercise - equipment can often be borrowed from friends and family
- **Residential** programs are centered around a venue with access to basic amenities and accommodation
- Please label all valuable items with student's name prior to attending a Southbound Adventures Program

## What do I pack my gear in?

Bags	Soft sports bag	1	Soft bag containing all necessary items as outlined below. Please leave any hard plastic suitcases at home	<input type="checkbox"/>
	Day bag	1	A small backpack to carry a water bottle, raincoat and other incidentals for the day	<input type="checkbox"/>

## What are the essential items I need for any outdoors program?

No matter what time of the year please make sure you pack the following items

Essential Items	Rain Jacket	1	Constructed from a breathable, waterproof material i.e. GoreTex, E-Vent	<input type="checkbox"/>
	Shoes	2 pairs	1 pair comfortable, lace up walking shoes with a sturdy sole, PLUS 1 pair enclosed, lace up shoes to get wet and dirty	<input type="checkbox"/>
	Jumpers	2	Polar fleece or Wool	<input type="checkbox"/>
	Sun Hat	1	Cap or broad brim	<input type="checkbox"/>
	Sleeping Bag	1	Down or Synthetic with a -5 degree rating. We recommend the use of an inner sheet or thermal liner	<input type="checkbox"/>
	Head torch	1	Essential for individual safety at night. Don't forget your batteries!	<input type="checkbox"/>
	Toiletries	Basics	Toothbrush, Toothpaste, small travel soap, sanitary items as required	<input type="checkbox"/>
	First aid	As required	Preventative brace, strapping tape, personal medications	<input type="checkbox"/>
	Water bottle	2	2 x 1 litre water bottles. We recommend nalgene bottles - they make fantastic hot water bottles!	<input type="checkbox"/>
	Garbage bags for waterproofing		4 Heavy duty bags + 10 Snap lock bags	<input type="checkbox"/>
	Socks (pair)	1 per day	Comfortable walking socks	<input type="checkbox"/>
	Underwear	1 per day		<input type="checkbox"/>
	T-shirts	3	Collared shirts recommended - no singlets	<input type="checkbox"/>
	Shorts	2	Knee length i.e. board shorts	<input type="checkbox"/>
	Long Pants	1	Tracksuit or light cotton	<input type="checkbox"/>
	Pillow	1	Small and compact	<input type="checkbox"/>
	Towel	1	Light and compact microfibre or chamois style recommended	<input type="checkbox"/>
	Sunscreen	1	Small tube approximately 200ml	<input type="checkbox"/>
	Sunglasses	1	Highly recommended	<input type="checkbox"/>
	Insect repellent	1	Especially necessary during the warmer months	<input type="checkbox"/>
Watch	1	Will assist with keeping to time goals	<input type="checkbox"/>	
Camera	1	Optional. Southbound Adventures accepts no responsibility for any damage to gear or equipment	<input type="checkbox"/>	
Thermal underwear	1 set	Wool or Polypropylene only	<input type="checkbox"/>	
Travelling Clothes	1 set	Please arrive dressed ready for camp activities. We recommend individuals have one set of travelling clothes for the return trip home.	<input type="checkbox"/>	
Cold Weather Items	Beanie	1	Polar fleece or wool	<input type="checkbox"/>
	Gloves	1 pair	Light inner gloves recommended (wool or polypropylene)	<input type="checkbox"/>
Warm Weather Items	Long sleeve shirt	1	Light cotton shirt for sun protection	<input type="checkbox"/>
	Swimmers + Towel	1	Girls: One-piece swimmers Boys: Board shorts	<input type="checkbox"/>

**Please don't forget your sleeping bag!**

## Do you require some additional equipment at discounted prices?

Please visit the Southbound Adventures website and follow links to our online Gear Store

Fast and reliable delivery is available  
[www.southbound.com.au](http://www.southbound.com.au)