

# EQUIPMENT AND CLOTHING LIST FOR OVERNIGHT TRIPS

## **General Information/Principles:**

Synthetic fibers and wool are much better than cotton in the outdoors, especially in cold and wet conditions. Op shops, stores like Kmart and target and even supermarkets like ALDI are a great source of cheap polar fleece jumpers/pants, polyester sports t-shirts/shorts and thermal pants and tops. Do not spend money on clothing/equipment that you will not use after Rubicon.

## **EQUIPMENT**

- Plastic Cup, Bowl, spoon and fork
- Sleeping Bag
- Small Torch or head torch
- Water bottle (2 litre)
- Tooth brush and paste
- Small Personal first aid kit
- Personal medication

## **CLOTHING**

- Beanie
- Two jumpers; Polar Fleece or wool (not cotton)
- Thermal pants and top
- Gloves
- Walking boots or Runners
- Warm pants – not cotton
- 2 pair warm, full length socks (not ankle socks)
- Sports or board shorts for walking in, not cotton
- Shirt or T shirt for walking in, not cotton
- Underwear
- Extra set of warm clothing for campsite