



### Tramping gear List - DOE Camps GOLD

	Item	Packed
1	Backpack 50-65 Litres with waist buckle	
2	Waterproof Liners or a survival bag (all items that must stay dry must be in a waterproof liner)	
	<b>Clothing in bag</b>	
1	Waterproof Jacket	
2	Waterproof pant (optional)	
3	1 sleep top of suitable material (light and warm, Thermal/wool/fleece)	
4	1 sleep pant of suitable material (light and warm, Thermal/wool/fleece)	
5	1 or 2 over layers for warmth (colder weather option of Fleece, wool, down)	
6	1 pair of Bed socks and extra socks	
7	Underwear clean pair for each day	
8	Beanie for colder weather (must have if cold)	
9	Gloves for colder weather (must have if cold)	
10	Sun hat for warmer weather Optional	
	<b>Clothing to wear</b>	
1	Suitable T shirt or( thermal if cold)	
2	Suitable Shorts or (pants if cold)	
3	Suitable footwear, covered trail shoes or boots are best	
	All other layers should come from your bag to keep weight down	
	<b>All other items</b>	
1	Torch and spare batteries (must have)	
2	Hand sanitizer (must have)	

3	Toilet paper (must have)	
4	Wipes for cleaning body but can not be dropped in long drops so not replacing toilet paper (optional)	
5	Personal first aid kit and toiletries (optional) Keep this light	
6	Ear plugs (optional)	
7	Sleeping bag (must have) if you do not have one the Escape can supply	
8	Sleeping mat (must have) if you do not have one the Escape can supply	
	Kitchen	
1	<b>Cooker and gas(Escape supplies a cooker that only boils water so food options should be add water only)</b>	
2	Rubbish bin - all rubbish is to be carried out	
3	Utensils - fork, spoon, cup, bowl and plate. If using backcountry the packaging is used as the bowl so no extra one is needed.	
	<b>Food/water</b>	
1	2/3 Litres or more of water - <b>Students should carry water only but can carry things to add to water ie milo or juice sachet</b>	
2	<p><b><u>Super Camp / Training / Practice</u></b></p> <p>Day 1- Gold - Packed lunch, dinner  Day 2 - Gold - Breakfast, lunch &amp; dinner  Day 3- Gold - Breakfast, lunch</p> <p><b><u>Qualying Camp (4days)</u></b></p> <p>Day 1- Gold - Packed lunch, dinner  Day 2 - Gold - Breakfast, lunch &amp; dinner  Day 3- Gold - Breakfast, lunch,dinner  Day 4 –Gold –Breakfast, lunch</p> <p><i>*If completing GOLD Northland Trip (6 Days) you will require money to buy dinner / lunch on the travel days</i></p>	
3	Snacks	

### Important Notes:

It is important that students have all of the necessary items to survive in the outdoors. However, if we over pack students can become tired and fatigued from carrying heavy weight. Thus we should keep to the list given above, all must haves should be in the bag if you do not have these items please let us know early so we can help.

**A recommended weight for females should be 12kgs or less and males 15kgs or less.**

Escape can provide some of the following gear

- Waterproof jackets
- Backpacks
- Sleeping mats
- Fleece jersey
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Please email [info@escapeaj.co.nz](mailto:info@escapeaj.co.nz) to request use of gear listed above, it is a first come first served basis.

Escape will supply tents and jetboils for boiling water

Food can be an item that is heavy and non nutritious leaving the students hungry or unenergized throughout the trip it is important for the students to have good nutritious food to support them while participating in a strenuous activity.

We recommend **two** Back Country ration packs to last for a three day Super Camp (GOLD)

For Gold **three** packs for a four day Qualifying Camp (GOLD)

<https://backcountrycuisine.co.nz/our-products>

**Packs include:**

- Dehydrated breakfast - Muesli or Porridge just add water
- Dehydrated lunch - Hot meal just add boiling water
- Dehydrated Dinner - hot meal just add boiling water
- Tissues
- Plastic spoon
- 2 x Biscuits
- Trail mix
- Jelly beans
- Candy coated chocolates
- Juice sachet
- Salt and pepper sachet
- Creme, hot chocolate, coffee, sugar

**Other food options:**

**Snacks:** muesli bars, nuts, scroggin, fruit squeeze's or baby food in pouches,

**Breakfast:** Weetbix, cereal, Microwave porridge sachets, Longlife milk or powder milk (just add water is best for these types of food when in the outdoors.

**Lunch:** wraps, peanut butter, salami/bier sticks, cheese, crackers, tuna in a pouch, These should all be ready made and put into snap lock bags and not left in boxes. Minimize weight and packaging.

**Dinner:**

Ready made pasta in the foil bag, anything that can have boiling water added to it (noodles is not a nutritious meal on its own students are often left hungry and less energy the next day).

**Please do not bring canned foods**

***If you are purchasing new gear MACPAC has a great deal for us, they help support our outdoor programme by giving us 30% off macpac products all year round. It is called Escape's map fund so if you mention this to the staff, they will give you the discount.***