

Bronze Combined Camp Gear List

	Item	Packed
1	50 Litre backpack with waist buckle	
2	Waterproof Liners or a survival bag (all items that must stay dry must be in a waterproof liner)	
3	Day bag for day activities with a drybag	
	Clothing in bag	
1	Waterproof Jacket	
2	Waterproof pants (optional)	
3	Pajamas (light and warm, Thermal/wool/fleece is best for hiking and lightest for carrying in bags)	
5	1 or 2 over layers for warmth (colder weather option of Fleece, wool, down)	
6	Socks (You will need socks for each day)	
7	Underwear a clean pair for each day	
8	3 x tee-shirt (These need to be quick dry or thermal/merino, cotton is not suitable so avoid if you can)	
9	3 x shorts/pants or a mix suitable for hiking	
10	Sun hat for warmer weather Optional	
11	Pair of campsite shoes	
12	Towel for showers	
	Clothing to wear	
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	
	All other items	
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	
9	Tent (Escape will supply 2 man lightweight tents)	
	Kitchen	
1	Cooker and gas(Escape supplies a cooker that only boils water so food options should be add water only or boil in a bag)	
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.	
	Food/water	
1	Water bottles need to be carried students will be able to fill these up at our accommodation each day - Students should carry water only but can carry things to add to water ie milo or juice sachet	
2	Food Day 1 - Packed lunch, Dinner (Carried in day bags) Day 2 - Breakfast,lunch and Dinner Day 3 - Breakfast,Lunch and Dinner Day 4 - Breakfast, lunch and Dinner Day 5 - Breakfast and lunch Enough Snacks for 4 days and drinking sachets if you like.	
3	Snacks Bars Jerki prunes/dried mango Cracker and cheese Salami sticks or beir sticks Trail mix	

Important Notes:

Ensure students have all of the necessary items to survive in the outdoors. However, if we over-pack students can become 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. Escape will be checking bag size and weight for the overnight hike section.

A recommended weight for smaller participants should be 12kgs or less otherwise 15kgs max is ideal.

Escape can provide some of the following gear

- Waterproof jackets
- Backpacks
- Sleeping mats
- Fleece jersey

Please email info@escapeaj.co.nz to request the use of the gear listed above, it is on a first come first served basis.

Escape will supply tents(if required) 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. Students need good nutritious food to support them while participating in a strenuous activity.

We recommend using dehydrated food or similar for multi-day trips to keep the weight down. You can have a mixture of dehy and other.

Other food options:

Snacks: muesli bars, nuts, scroggin, fruit squeezes or baby food in pouches,

Breakfast: Weetbix, cereal, Microwave porridge sachets, Longlife milk or powdered milk (just add water is best for these types of food when 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 are not a nutritious meal on their own students are often left hungry and have less energy the next day).

Please do not bring canned foods