

# Duke of Edinburgh's Award Adventurous Journey (Hiking) Packing List



## *Welcome to Outward Bound Australia!*

We look forward to you joining us on your Outward Bound Adventurous Journey. Please take the time to read through this packing list to help you to prepare for your journey and ensure you have the appropriate clothing and equipment. If you don't have something on the list below, we recommend borrowing it from friends and family, or buying second hand.

This packing list assumes a single person attending. It is appropriate to organise multi-person catering and share equipment such as a stove and a multi-person tent with people you know.

### Core Principles of Outdoor Clothing & Equipment

- Clothing should be lightweight – no denim, no bulky jackets, no cotton hoodies
- Clothing should keep you warm, even when wet – this means NO cotton, as it does not keep you warm once it is wet and becomes very heavy. Materials such as wool and polypropylene are recommended.
- Clothing is more effective when layered – it is more effective to have two lightweight jumpers than once large jacket. Layering traps warm air in between items of clothing and is more effective at keeping you warm.
- Footwear needs to be sturdy & comfortable - we recommend breaking in boots to avoid blisters
- Space is limited – only bring the items listed below and keep them as light weight as possible

If you have any questions about the packing list, please contact your school coordinator or email [mailbox@outwardbound.org.au](mailto:mailbox@outwardbound.org.au)

### Equipment Outward Bound Staff Carry

- Comprehensive First Aid Kit
- Communications devices
- GPS tracking device

### Packing Tips & Tricks

Check out these great videos by One Planet to prepare for your program

- [Layering and Fabrics](#)
- [Footwear Guide](#)
- [Waterproofing](#)
- [Packing a pack](#)
- [Hygiene](#)
- [Setting up a tent](#)



# Clothing Required

- 1 Long-sleeved collared shirts (quick-dry material recommended)
- 1 Pair of long hiking pants (not jeans or tracksuit pants)
- 1 Woollen or polypropylene thermal long-sleeved top
- 1 Woollen or polypropylene thermal long pants
- 1 Pullover jumper (polar fleece or wool)
- 1 Waterproof raincoat
- 1 Broad brimmed hat
- 1 Pair of hiking shoes. Boots recommended for good ankle support.
- 1 Beanie
- Enough underwear and hiking socks for regular changes



# Equipment Required

## Carrying:

- 1 expedition backpack with adjustable framing harness. 65L recommended to pack all items inside the pack.
- 1 full-sized waterproof pack liner OR 6 heavy-duty garbage bags. Orange 'Multix' ones are the best.

## Sleeping:

- 1 single-person lightweight expedition tent.
- 1 sleeping bag with comfort rating of 0 degrees or below. Synthetic or down fill with compression sack.
- 1 sleeping mat.

## Cooking & Food Preparation:

- 1 lightweight camping stove, with compatible fuel, ignition, and cooking pot and utensils.
- 1 set of bowl, mug, fork, spoon, and pocketknife.
- 1 cleaning kit - scourer, sponge, tea towel in a snap lock bag.

## Personal Hygiene & Toileting:

- 1 personal Care & Hygiene kit, including medication (must be declared in the Consent & Medical Form), toothbrush, toothpaste, feminine hygiene (if relevant).
- 1 small hand trowel.
- 1 roll of toilet paper in snap lock bag.
- 1 30ml hand sanitiser.
- Large snap lock bags, for your rubbish. Suggest 1 bag every 2-days.

## General Items:

- 1 head torch with 2 sets of new batteries.
- 1 whistle on a cord.
- 1 SPF 30+ sunscreen and lip balm for personal use.
- 3 Litres water carrying capacity. Come on Day 1 with your water fully stocked.
- Water purification. 'Aquatabs' or 'Micropur' most common choices.
- Mobile phone and portable battery charger.

## Navigation:

- 1 navigation / base-plate compass.
- 1 set of topographic maps and route plan, waterproofed.
- 1 pen set: x1 regular pen and x1 very fine pointed permanent marker.





# Food Required

- Breakfasts for every morning.
- Lunches for every day.
- Dinners for every night.
- High energy, nut-free, snack-packs for every day.

## Important Notes:

- You will not have enough time to make cooked lunches.
- If you intend to cook a meal, ensure you practice your meal beforehand.
- Don't forget to treat yourself.



## Optional Items

The following items may help to make your total journey experience more enjoyable. Be aware that everything extra you pack will mean additional bulk and weight you must carry.

- 1 inner sheet for sleeping bag.
- 1 small camping pillow.
- 1 pair of sunglasses and retainer strap
- 1 small activity to share with the group, such as a riddle or playing cards
- 1 Pair of waterproof overpants. Highly recommended.
- 1 insect repellent (roll-on or liquid pump only).
- 1 deodorant (roll-on only).
- 1 roll sports tape.
- 1 pair of gloves. Highly recommended in cold months.
- 1 travel sized bottle biodegradable dishwashing liquid.
- 1 short-sleeved t-shirt with collar.
- 1 pair of quick drying shorts appropriate for outdoor activities.
- 1 Pair of gaiters for bushwalking in shorts (above).
- 1 small chopping board.
- 1 watch.
- 1 set of travelling clothes to wear home.
- 1 additional set of thermal top and bottoms.
- 1 small towel. To dry feet if you get the chance to splash in a river or creek.
- 1 pair of lightweight shoes to wear at the campsite. Must be fully enclosed.

## Do Not bring

The following items are not permitted on your journey.

- ✗ Portable Speakers
- ✗ Alcohol/Cigarettes/Vapes
- ✗ Cosmetics/excessive toiletries
- ✗ Aerosols (including spray deodorant)
- ✗ Medication or drugs not declared on your Consent & Medical Forms, including over-the-counter medications for "just in case".

