Somerset
Outdoor Learning – Colo River
Experience. The Difference.

DUKE OF ED EQUIPMENT LIST

All gear, including Tent, Sleeping Bag & Mat must fit INSIDE your Rucksack.

If hiring a Rucksack from Somerset, please bring ALL clothing, food & equipment in a soft sports/duffle bag or similar.

The following items are for the Participant's well-being and MUST be brought to Camp.
Essential items not brought to Camp will be organised by Somerset at the Parent/Carer's expense.

TICK * Marked items can be purchased and/or hired via our Online Store. Items will be labelled for the student and issued upon arrival.

TICK		
	Rucksack *	65 - 70 litre with internal frame. **ALL equipment, food and clothing must fit inside the Rucksack**.
	Tent *	Must be lightweight, compact, hiking-style. Max 2.5kg for a 2-man tent. May share with other Participants. If you have hired a Tent place from Somerset, the carrying of the tent is shared with your tent buddy.
	Food	Ensure sufficient food is carried for length of AJ. Nutritious, lightweight, easy & quick to prepare. **Lunches to NOT require cooking**. **NO Nut/Peanut products OR Nut/Peanut ingredients**.
		Please refer to the Meal Information and Suggestions Fact Sheet for more details.
	Mess Kit	Just a spoon or spork; a pasta-style bowl (can be used as a plate too) and mug! Disposables are unsuitable. Somerset provides chopping boards, knives, fuel stoves, pots, fuel & matches (please do not bring your own stove for safety reasons). Zip-lock/plastic bags to store rubbish as you may have to take it with you.
	Sleeping Bag *	Lightweight & compact. For AJ's May to September ensure bag is warm enough for overnight temperatures. Temp/Comfort Rating at least -5°. Recommend -5° to -10° Check bag's tag. **Must fit inside your Rucksack.**
	Sleeping Mat *	A **hiking-style** Foam mat or Self-Inflating mat. Lightweight, compact, not more than1cm thick. Inflatable/compressible travel pillows only suitable.
	Rain Jacket *	Must be waterproof, durable and long enough to cover to approx. mid-thigh, with a hood. Spray jackets, parkas, plastic raincoats and ponchos are not suitable.
	Closed-Toe Footwear (2 pairs)	**One pair must be sturdy, comfortable with lots of grip**. Cross-trainers & hiking shoes are suitable. (Volleys, Rabens, skate shoes and other flat-soled shoes ARE NOT suitable). **Second pair must be able to get wet and dirty**. Old runners, cheap canvas or 'aqua shoes' are ideal. (Crocs, Thongs and other open footwear ARE NOT suitable).
	Sun Hat	A compulsory item. We recommend a soft hat with a full brim. Sunglasses are optional. Caps are unsuitable as they do not provide adequate protection for the face, neck and ears.
	Water Bottles * or Bladder	Must be **Durable**, **Screw-top** and **Leak-proof.** ***No need to bring full – can be filled at Camp.*** You will need to bring bottles that have a combined capacity to carry: **3 Litres** for Programs in October to April. **2 Litres** for Programs in May to September.
	Clothing	Select items with respect to **Season**, **Program length** and **Outdoor Activities** (older clothing is ideal): • **Long Pants & Long-sleeved Tops**: Leggings, track/outdoor pants are ideal (no jeans-denim is unsuitable) • **Shorts & T-Shirts**: Collars are recommended (NO singlet, crop, tank or 'muscle' tops). • **Leggings & Bike Shorts**: Shorts must be at least to mid-thigh and not too tight. • **Jumper/Jacket** (1 minimum): Polar-fleece (or down) material is best. Not too bulky or heavy. • **Socks & Underwear**: Thicker socks are more comfortable. Ankle socks are NOT suitable. • **Programs in May to September:** Thermals (top and bottom), beanie and gloves. • **Swimwear:** Rash vest/T-shirt and swim-shorts must be worn over swimmers. Bring a small travel towel.
	Torch *	A small compact torch with spare batteries (head torches are most convenient).
	Toiletries	Think small. Include toothbrush & paste, comb/brush, deodorant (roll-on / paste) and personal sanitary items. If bringing wipes they MUST be disposed in rubbish/sanitary bins - do NOT flush into toilets). *Opportunity to shower only on Combo expeditions. Bring a small towel & soap/shampoo if on a Combo AJ.*
	Sunscreen and Insect Repellent *	Small tubes. **No aerosols.**
	Plastic Garbage Bags or Dry Bags	For waterproofing and / or storing wet gear. Large, heavy duty and any colour except black (we use black for rubbish).
	Personal First Aid & Medication	• Somerset Group Leaders carry a comprehensive First Aid Kit. • Bring medications (prescription & non-prescription) that are routinely used. Details of these medications must be listed on the medical form. Medications brought to Camp must have name and instructions attached. Please bring your own strapping tape, if routinely used. • Notify your Teacher (if one is attending) or Group Leader on arrival of medications and also advise them when and if any are taken whilst on Program.
	Pen or Pencil and Notepad	Duke of Ed Award Participants require these for route planning and taking Log Notes for their AJ Report. Bring Pre-Journey Log Book/s provided prior to Camp. **Only disposable/single use cameras to be brought to Camp – no phone or valuable cameras.**
		Please refer to the Equipment and Clothing Selection Fact Sheet for more information.

Key Points to Note

Rucksack needs to be a minimum 65-70 litre

If hiring or purchasing a rucksack from Somerset – bring all clothing & equipment in a soft sports/duffle bag or similar. Personal bags & any extra gear can be stored at Base Camp 'til the end of the expedition.
Everything… Tent, Sleeping Bag & Mat, and ALL clothing, food and equipment must fit inside.
Nothing is to be strapped onto the outside of the Rucksack.

Pack Light – be mindful of space

Students will carry the rucksack on their back and / or in the canoe with all their personal gear as well as some group equipment. For safety, rucksacks will be weighed upon arrival.
Weight limits are: Bronze <12kg; Silver <14kg; Gold <16kg (including full water bottles).

Clothing & Equipment – choose with respect to Season, Length and Type of Program

Please be mindful what is packed is to be appropriate to the weather & the nature of outdoor activities.
Otherwise Participants may be wet/cold/sunburnt, or uncomfortable, etc.

Refer to our website and 'BLOG' page for Duke of Ed Information, Facts, Tips and Tricks

Containing a wealth of valuable information and will answer many of your questions.
Equipment Reviews, Packing Tips, Food Suggestions etc. Blog Page.

Visit our On-line Store

Through our online system you may hire and purchase gear that you don't have.
This gear will be labelled and ready for the participant upon arrival at Camp. Online Store.

Please DO NOT bring the following items to Camp

Singlet Tops, Crop Tops, Tank and Muscle Tops. Short Shorts

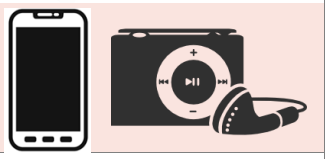
Inadequate sun protection and not "outdoor activity" friendly nor comfortable.

Crocs, Thongs & Flat-soled Shoes

Inappropriate and unsafe for hiking, expeditions, activities and campsites.

Mobiles, PDA's, iPods/MP3 players, Apple watches, Cameras etc.

Risk of loss or damage. There is NO reception or Wi-Fi available.

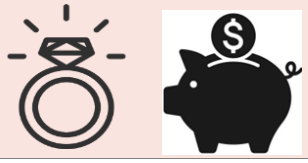


Junk Food OR Energy Drinks

Heavy to carry & lacks nutrition. Attract insects. Allergy risk.

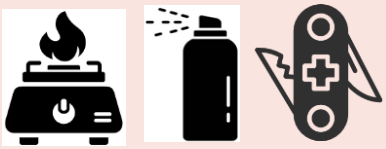
Money OR Valuables

Nowhere to spend and easily lost or damaged during expedition and activities.



Products Containing Nuts/Peanuts or Nut/Peanut Ingredients

We are a nut-aware Camp to reduce exposing anaphylactic Participants.

Stoves, Aerosols, Matches/Lighters, Heat Packs & Pocket Knives

Knives and other cooking utensils etc are provided.
Aerosols are a fire hazard, can cause asthma attacks & not environmentally friendly.