



## GENERAL INFORMATION

### Equipment Lists

- Parents/Carers - please ensure you read the *Equipment List* with details on essential/recommended items, items that are not required at camp and the items that Somerset provides.
- The Equipment List appears online on the Camp/Expedition event page, or a link is found in the Confirmation Email sent to you after you complete the Online Form.
- To hire or purchase further equipment after you have already completed the Online Form please visit our [online store](#). This can be done up to night prior to the program. All equipment will be labelled and ready and waiting for your child/ward upon arrival at Somerset.
- Please don't hesitate to contact us with any query at all. [Contact Us](#)

### When you arrive at Somerset



- Somerset Group Leaders will check that your child/ward has all necessary equipment for the program.
- The Group Leader will also assist with waterproofing (where required) and repacking into rucksacks (rucksacks will be used for Duke of Ed and some school programs – please check your Equip List for detail)
- Any gear that has been purchased or hired from Somerset will be allocated and packed at this point.
- Any items brought to camp that are not permitted (nut products, pocket knives, mobile phones, etc) will be asked to be handed-in, and then stored at base camp until the completion of the camp. Please note that Somerset cannot accept responsibility for items that are not handed in and are subsequently damaged.
- Any excess items not required (eg – extra clothes, the bag the gear was brought to camp in, etc) will be stored at base camp until the completion of the program
- If a rucksack is being used – it will be adjusted to fit, and weighed to make sure it is not too heavy.

## EQUIPMENT SELECTION - HELPFUL TIPS

### Rain Jackets

- It is essential to bring a good quality raincoat with a hood, regardless of the weather forecast. Ponchos or Parkas or coats, or raincoat with fabric lining are not suitable. A raincoat which is seam sealed is a good idea.
- The raincoat must be well-fitted but with enough room for clothing underneath.
- The length must be about mid-thigh, at least covering your bottom – anything shorter and clothing gets too wet.
- Your raincoat must be lightweight as your child/ward will be carrying it.
- Somerset has a good quality raincoat available for purchase in a variety of sizes.



## Shoes

- On camp you child/ward will be walking (and most likely bushwalking) over ground and terrain that is uneven and often rocky and leafy, therefore **comfort, support** and **grip** are essential features of the shoes that your child/ward needs to bring.
- Please also remember to select thick, comfortable socks as this helps in the prevention of rubbing and blisters.
- For camp activities and hiking:
  - Hiking shoes or boots are best as they provide ankle and arch support, and have good grip.
  - Runners / sneakers are fine as long as they are for running or cross-training. Basketball or other flat-sole shoes are not ideal.
  - Street shoes like Volleys, Rabens, Tigers and Vans are not suitable as they have little to no grip and are often flat-soled.
  - Shoes are likely to be exposed to harsh or dirty wear. Please bring ones that are hardy or you don't mind spoiling.
- For water activities:
  - 'Aqua' shoes are best as they are flexible, enclosed, lightweight and dry relatively easily.
  - Raben or similar street shoes are fine as water shoes.
  - Thongs are not suitable as they are not enclosed.
  - Shoes are likely to be exposed to harsh or dirty wear – please bring ones that you don't mind spoiling.



## Sleeping Gear

- **Sleeping Bag**
  - Your sleeping bag needs to be a good quality bag, as cheaper bags from department stores are not adequate.
  - Your sleeping bag should be rated 2 – 3 degrees *lower* than the expected temperature (check the tag for a temperature rating). The temperatures at Somerset are usually 1 - 3 degrees hotter in summer and 1 - 3 degrees colder in winter than Sydney. Use the Richmond weather forecast as a good indication.
  - For May – September the bag will need at least a -5° rating.
  - Your sleeping bag should be compact and lightweight (less than 2kg).
  - A compression sack is a great idea as the bag can be 'squashed' to be as small as possible.
  - A sleeping bag liner adds insulation and helps keep the inside of the bag from becoming too dirty or sweaty.
  - Waterproof your sleeping bag in either a dry-bag or a garbage bag (any colour but black).
  - Consider investing in a down bag if it will get future use.
- **Sleeping Mat**
  - A mat is essential as it provides a layer of insulation between the sleeping bag and the ground and is also more comfortable than the ground.
  - A simple foam mat is adequate and lightweight
  - For more comfort, and if you'll get future use, a self-inflating mat is best. It will be heavier than a foam mat.
  - Airbeds or stretchers are not appropriate as they are too heavy.
  - Somerset has different sleeping bag and mat options available for hire and purchase.



*Foam Mat OR Self-inflating Mat*

*Sleeping Bag with  
Compression sack*

## Clothing

- Ensure that you pack enough for the duration of the program.
- Please select in respect to the season and the predicted weather.
- Please select with respect to whether the gear needs to be carried for some or all of the camp. (this is indicated by a 'rucksack' reference on the Equipment List.
- Clothing will be subject to harsher than normal wear.
- Comfort and suitability is better than fashion.
- Rain Jackets
  - Essential
  - Refer to the specific notes above on Rain Jackets
- Footwear
  - Essential
  - 2 pairs
  - Refer to the specific notes above on Footwear
- Sun Hat and Sun Protection
  - A hat is essential. (Even for May - September programs)
  - Please choose a hat with a brim - caps really don't provide adequate protection.
  - Sunglasses are a good idea too.
  - Sunscreen (a 50+ sport variety is best)
- Shorts and Tshirts
  - Collared shirts are recommended.
  - Shorts must be at least mid-thigh length and not too tight.
  - Denim shorts are not suitable - too heavy, don't dry easily.
  - A set of shorts and t-shirt per day is ample. For expedition style programs – 2 days wear per set is often what happens.
- Long-sleeved pants and Tops - October to April
  - Jeans are not suitable – too heavy, retain moisture, don't dry easily, uncomfortable.
  - Not essential – please make a call dependent on the weather and exact time of year....
  - Useful for sun and/or insect protection
  - And useful for cooler nights, wet weather cool, etc
  - Ensure they are lightweight and not too bulky
  - Leggings, outdoor pants, lightweight tracksuit or sports pants are good options.
  - Outdoors shirts, long-sleeved tshirts or 'skivvy' tops are good options
- Long-sleeved pants and Tops - May to September
  - Essential
  - Jeans are not suitable – too heavy, retain moisture, don't dry easily, uncomfortable.
  - Used for warmth in the evenings and mornings
  - Leggings, outdoor pants, thermal pants, lightweight tracksuit or sports pants are good options.
  - Thermal tops, long-sleeved tshirts or 'skivvy' tops are good options
- Jumpers/Jackets
  - Always bring at least one jumper – even October to April.
  - Fleece material is best
  - For the colder months it is good to 'layer' – 2-3 layers of thermals and fleeces instead of one massive jacket
- Socks
  - 1 pair per day + a spare set

- Ankle socks are not suitable
- Thicker sport socks are the best bet
- Consider purchasing specifically designed hiking, moisture-wicking, etc socks if you will get later use from them.

- Swimwear

- A sun-top/rash-vest and shorts must be worn over your swimming costume (for both boys and girls)
- A small pack or travel towel is a good idea

- Toiletries

You really won't need much, and why carry extra weight?

- A small hotel-size shampoo – if there is a chance for a shower then shampoo will work in your hair and as a body wash (no need for soap)
- Small toothbrush and paste – or, yes, you can cut-off the handle and squeeze most out of the tube if you want.
- Sunscreen and insect repellent – don't choose massive tubes. No aerosols.
- Sanitary items – please visit here for helpful tips <https://lotsafreshair.com/2015/03/11/how-to-deal-with-periods-when-hiking/>
- First aid items and Medications – please see below.

## MEALS

### School Camps

- All meals and snacks from the first day Morning Tea until the last day Lunch will be provided by Somerset.
- If you have a dietary allergy or preference, it should be detailed on your medical form, if not, please email to advise and update. For information on our standard substitutions please login to your schools page for details in the Dietary section.

### Duke of Ed Expeditions

- Please refer to our Fact Sheet – [Meal Information and Suggestions](#)
- This Fact Sheet is also found on the Duke of Ed page under Further Duke of Ed Info.

## FIRST AID AND PERSONAL MEDICATION - What Happens and What to Bring

### First Aid Information

- Somerset Leaders carry a comprehensive First Aid Kit and are trained in appropriate levels of Remote Area First Aid.
- The Somerset First Aid Kit contains non-prescription medications – typically paracetamol, antihistamine, ventolin and Gastrolyte. If you have restrictions on the use of these medications it should be detailed on your medical form, if not, please email to advise and update.
- If you are bringing along your own brand of non-prescription medications to use, please make this known to the Group Leader (and known to the Teacher for school programs or if a teacher is present on a Duke of Ed program) on arrival. Please always let the Group Leader or Teacher know if these are used.
- We recommend you bring along your own personal small supply of Band-Aids and antiseptic cream in a zip-lock bag, for small scratches. Please always let the Group Leader or Teacher know if these are used.

### Asthma Information

- Please ensure that the severity and a treatment plan are noted on our medical form. If not please email to advise and update.
- Please bring medications (enough for the duration, plus any spares as appropriate). Please include a copy of instructions and a treatment plan.
- Please make it known to the Group Leader (and known to the Teacher for school programs or if a teacher is present on a Duke of Ed program) what, and where the medications are located in case of emergency.
- Our Groups Leaders carry spacers for use if required.

## Allergy Information

- Please ensure that the severity and a treatment plan are noted on our medical form. If not please email to advise and update.
- Please bring medications (enough for the duration, plus any spares as appropriate) and a copy of instructions and a treatment plan.
- At camp your child/ward is to make it known to the Group Leader (and known to the Teacher for school programs or if a teacher is present on a Duke of Ed program) what, and where the medications are located in case of emergency.
- **Important** – if the allergy is anaphylactic we require *at least 2 Epipens* be brought to camp (one is to be carried by the student and the second pen is to be carried by the Group Teacher or Group Leader). **If at least 2 Epipens are not brought, the student will be unable to commence the camp activities.**

## Other Medical Information

- Please ensure that you have noted any other medical issues relevant to your child/ ward's time at camp. If not please email to advise and update.
- A Somerset staff member may contact you prior to the expedition to obtain further information.

## HOW TO FIT & PACK A RUCKSACK

Useful tips for those that have a personal rucksack for their Duke of Ed Program

(hired rucksacks will be handed out on arrival, and all rucksacks will be checked at Somerset before commencing any Dukes expedition)

*(For School Camps - Rucksacks will be provided and packing and chaecking will be undertaken upon Arrival at Somerset)*

## A Few Simple Points to Keep in Mind

- Limit what you need – you can add any 'luxury' items (such as a book) later if space and weight permits.
- Layout everything before you start packing.
- Keep things in groups. For example, all clothing together; toiletries & first aid; utensils, cup & bowl; all food together so as everything is at hand when you need to perform a certain task.
- Separately waterproof your sleeping bag in a waterproof stuff sack or in a garbage bag (any colour but black).
- Separately waterproof your clothes in waterproof stuff sacks, zip locks or in plastic bags (any colour but black).
- Refer to pack weights.

## Starting to Pack



- Loosen all straps on your pack to open up the inside space as much as possible.
- Place your sleeping bag at the bottom of your pack, squeeze any other lightweight items such as clothing into the gaps.
- Place the heavier items like your tent, food and water in the middle of your pack. This helps to reduce the downward & backward pull on your back, making it more comfortable to carry.
- Place medium weight items like clothing, foam mat or Thermarest (self-inflating mat) around the heavier items.
- Place any items that you may need quick access to such as snacks, maps, rain jacket or first aid items on top or in any side or top pockets.
- Do not hang any items on the outside of your pack – not only will the swinging motion interfere with your walking rhythm and make it harder and more uncomfortable to carry, you risk damaging or losing items which could litter the bush.

## Adjusting the Pack to Fit You

Your rucksack will have several straps to adjust your load for greater comfort. Your legs have some of the strongest muscles in your body, so the goal is to adjust your straps so that the majority of the load rests on your hips.

You have four primary adjustment straps and they should be adjusted in the order they are listed below:

1. **Hip-belt** – sits on top of your hip bones
2. **Shoulder straps** – adjustable near your lower ribs
3. **Load-lifter straps** – adjustable at the top of the shoulders
4. **Sternum strap** – sits across your chest, approximately 1 inch below your collar bone

Before you start to adjust your rucksack, make sure it is packed completely (full water bottles included). To get it onto your back, first lift it onto your knee and slip your right arm through the strap. Without swinging, gently transfer the weight onto your back and swiftly loop your left arm through the other strap to finish. Do up the hip-belt buckle so the padding sits on top of your hip bones, and adjust clothing underneath to avoid bunching. Adjust straps 1 and 2 and when they feel comfortable, continue to adjust straps 3 and 4. The final adjustments should feel snug, but not make you feel stiff and tense. You should also feel like your centre of gravity and weight-load is centred at your hips. This means you should feel balanced and not top-heavy.

For all Duke of Ed programs gear will also be checked and repacked by the Group Leader as required.

If you are struggling to get it right, your Group Leader will be able to assist you further upon arrival.

Please note: adjusting your rucksack is a dynamic process, which means it will need to be done regularly to accommodate changes in weight and developments of any sore spots over the duration of the expedition.