



Christ Church Grammar School

YEAR 10 VENTURE 2022

This equipment list and information bulletin will enable you to begin preparing your equipment for Venture as preparation is one of the keys to a successful journey. *Please make sure that you thoroughly read through the list and the accompanying notes.* Students will be able to ask the group staff member for more detailed information at subsequent Venture planning meetings leading up to Venture or can contact Koorngal staff. It will be your responsibility to ensure that the gear you take with you is appropriate and that you are suitably equipped to undertake all activities.

Take care to double check this list, inadequate equipment could result in participants being uncomfortable, detract from their experience and/or jeopardise their safety. At the same time be careful not to over pack as what you pack you have to carry.

All the items listed are **essential** and must be provided by you:

EQUIPMENT		CLOTHING AND PERSONAL GEAR	
1	Expedition Backpack- <u>see notes *</u>	1	Lightweight nylon or polyester blend trousers or tracksuit pants
1	Sleeping Bag- <u>see notes *</u>	1	Wool or Polartec (fleece) long sleeved jumper- not cotton based
1	Sleeping Mat-closed cell foam or inflatable Max size: 180cm x 50cm x 1cm (foam) or x5cm (inflatable) *	2	Thermal top and thermal legs- <u>see notes *</u>
1	Waterproof Jacket and Pants- <u>see notes *</u>	2	Pair of Shorts (one to walk in and one for water activities)
1	Hiking Boots or suitable hiking shoes- <u>see notes*</u>	2	T-Shirts
1	Ground sheet 200cm x 100cm (plastic)	1	Long sleeved shirt (lightweight)- an old business shirt for sun and insect protection
10m	3mm Venetian Blind Cord (spare cord for setting up hootchie, share with hootchie partner)	6pr	Long woolen or nylon/wool blend full length socks (no ankle length) and no cotton socks
10	Lightweight Tent Pegs (alloy, share with hootchie partner)	6pr	Underwear
3	1 Litre Water bottles- <u>see notes*</u> <u>You must have 3Lt minimum</u>	1	Broad brimmed hat * and beanie (wool or thermal)
1	Small Head Torch (with spare batteries)*	2	Tea towels
1	Plate, bowl, cup, spoon, fork and knife- strong plastic or aluminum. *	1	Toothbrush, toothpaste, (any other toiletries you may need.) No aerosol cans.
1	Personal First Aid Kit- <u>see notes</u>	60ml	Antibacterial hand gel
2	500ml wide mouth screw top plastic container, for rehydrating meals, powdered milk etc	1	Mosquito net- Four / Six point attachments (not a single point attachment) share with hootchie partner
6	70cm x 90cm tough garbage bags (heavy duty- glad bags, without drawer sting are the best for waterproofing and rubbish)	1	Sandals with heel strap that will not come off in water.
1pr	Gaiters- need to go nearly all the way to the knee, no 'ankle' style *	1	Sunglasses, with nylon cord, so you don't lose them in the water
1	Sunscreen, insect repellent (No aerosol, see first aid kit notes)	1	Venture handbook
1	Whistle *		OPTIONAL -Small microfiber travel towel*./ Digital Camera
ALL FOOD, COOKING EQUIPMENT AND A PERSONAL SHELTER WILL BE PROVIDED			

All items marked with * are available at the CCGS Uniform Shop

NOTES ON EQUIPMENT

It is not necessary to buy any or all of this gear new (details about gear hire are mentioned below) and you can obtain second-hand gear through contacts at school, i.e. last year's Venture group now in Year 11, the school clothing service, second hand items for sale on the school website and 'Op shops'. Outdoor specialist stores and disposal stores will be happy to help and advise you on major equipment items. There are too many good brands for us to recommend any single item, however, the following guidelines have been adopted to assist you.

Expedition Backpack

Your pack must be able to withstand the environment experienced on an extended expedition and be able to carry all the equipment, clothing and water listed in addition to the cooking equipment, food and shelter provided by the school. The **ideal volume will be 70-80 litres**. It should be made of canvas or cordura material, it needs to have an **internal metal frame**, be **well padded** on the **adjustable shoulder straps** and have a **padded waist belt**. Travel style backpacks are not suitable as they are difficult to waterproof effectively and typically have poor harness systems.

CCGS has a number of backpacks available for hire

Sleeping Bag

A good sleeping bag is the most important item of equipment in your pack. The most suitable bag for an extended expedition like the Venture will be a single layered "Hollofill" or "Dacron" filled bag that is rated to approximately 0°C and be **compact and easily dried** if it gets damp.

Waterproof Jacket and Pants

Although Venture is in November good waterproofs are essential. The recommendation is a **thigh length shell** with a **storm hood and cuffs**; it should be of **lightweight material**, with reasonable 'breathing' properties, made from one of the many breathable material like, Hydronaut, eVent or Gortex. Ordinary "Nylon" raincoats are not suitable since they tear too easily and "poncho" style raincoats do not provide effective weather protection.

Suitable Footwear

For the majority of the terrain being covered at Venture a pair of soft leather, suede or synthetic, comfortable, well fitting boots or trainers that support the foot are all that is required. An additional pair of strapped sandals of the "Reef" or "Teva" style are essential for canoeing/rafting and around campsites. Thongs are not permitted. Closed toes shoes **must** be worn when cooking. **The wearing of full length gaiters is also compulsory** while bushwalking. They clip onto your boots, help avoid snakebite, prevent scratches to your legs and stop mud and grass seeds getting into your boots.

Personal First Aid Kit

Although a comprehensive group First Aid Kit will be carried by the Group Leader, the following items should be carried by individual group members:

- Blister block
- 1m x Fixomul
- Small roll of strapping tape,
- Elastoplast strips,
- 2 x hydrolyte tubes
- 1 x roll of toilet paper

Water Bottles: preferably wide mouthed; 3 x 1 litre are more versatile than a 1 x 3 litre bottle. 'CamelBak' and similar hydration systems (bladders) are not suitable as a sole source as they contain too many parts that may fail. Students must carry water bottles as well as a bladder. The water bottles can be kept empty but will be required as a back up.

Thermals: Made of wool or polypropylene, these are worn as a base layer and highly effective at trapping body heat, even when wet. Compression garments (ie. Skins) are not a substitute as thermals, they provide no insulation when wet.

If you have any questions on equipment please call Koorungal on 95381061 or email Koorungal Staff – kooringal@ccgs.wa.edu.au

Preferred Equipment Suppliers : The suppliers below are familiar with CCGS outdoor programs and can offer significant discounts to CCGS Students.

- **Paddy Pallin Perth Store, 884 Hay St, Perth Phone: 08 931266**
- **Outdoor Ed - 81a Dixon Rd Rockingham W.A. 6168 Phone: 0429 511 424 / 08 9528 5255**
- **Kathmandu Cottesloe Store, Cottesloe Central. Phone: 08 9383 4910**