

## Practice Overnight Hike Personal Packing list

This hike is designed to be a fun and enjoyable introduction to lightweight hiking. Your scout will need to carry their pack a reasonable distance (13.5 Kms) over the duration of the hike from Magdala Park to Woolwich and then on the ferry.

Think about how you can use gear for more than one use. It has been known to get pretty cool at night, but do you need a big heavy jacket when you have a t-shirt, a long sleeve shirt and a light jumper that you can wear together?

Line your pack with a strong plastic garbage bag and put your sleeping bag in a separate bag. If you put anything like a tent on the outside of your pack, put that in a plastic bag as well.

This is a suggested list of what each Patrol member and Patrol might need;

- **Opal Card** with sufficient funds for Ferry
- **Spending Money** (there is a café on Cockatoo Island and souvenirs are available for purchase)
- **Water/Water Bottles** Scouts should have at least two litres of water for this walk.
- **Lightweight hike tent**
- **Pack** Your pack is to carry everything in, of course, with a minimum of discomfort. A modern framed pack is ideal for the environment most Scouts hike in. It is essential that a pack fits properly, packed properly, and fits properly on your back. It should have wide shoulder straps and a firm, padded hip belt.
- **Pack Liner or Heavy-Duty Garbage Bags** to line your pack and keep everything dry inside
- **Sleeping Bag.** Warm, lightweight and compact.
- **Sleeping Mat.** Lightweight and compact
- **Pillow,** can use spare clothes in sleeping bag cover or bring an inflatable pillow
- **Head Torch** - small head torch and a **spare set of batteries**
- **Toiletries** – toothbrush & paste, deodorant, wet ones (or similar wipes), Face towel, hygiene items etc
- **Washing Up Kit** – washing up Soap in spill proof bottle, small sponge, tea-towel
- **Food and Mess Kit (see next page)**
- **Boots or good walking shoes**
- **Beanie or Balaclava**
- **Socks – 1 spare pair.** Thick cotton socks are needed to absorb moisture and to cushion the feet.
- **1 x spare Trousers** Long trousers are essential in cold weather, however. Tight fitting jeans **should not be** worn at all. Track suit pants are good for around the camp at night.
- **1 x spare Shirt** your shirt should have long sleeves and a collar for both warmth in cold weather and protection from sunburn.
- **Jumper** A long sleeved jumper is necessary.
- **Raincoat/Jacket/Poncho** A poncho or waterproof jacket is your main protection against wind and rain. The best type is a hooded japara type. Padded ski and sailing jackets or ponchos are not suitable.
- **Wide Brimmed Hat.** A hat **must** be worn for sun protection. Your hat is your best friend.
- **PJs not needed.** Scouts can sleep in the clothes they intend to wear the next day.

## **Cooking / Food.**

Members of the Patrol will not need to carry stoves, Barbeques and boiling water are provided at Cockatoo Island.

- Cookware suitable for cooking on BBQ if needed.
- Bowl, knife, fork and long handle spoon, mug, tea towel (small) as needed for your food
- cloth/sponge/Dishwashing Soap to wash up with and small tea towel
- Small Safety Scissors for opening packets.
- Large Zip Lock Bags to act as garbage bag.

Suggested foods,

- Breakfasts x1 (Sunday Morning),
  - Your preferred cereal in a doubled up Ziplock bag with a single serve UHT milk. You can pour your milk straight into the ziplock bag and eat from the bag.
- Lunch x1,
  - Please bring a packed lunch for Saturday lunch.
- Dinner x1 Saturday Night
  - Recommend Dehydrated means such as the [Back Country Cuisine range](#). These are available in vegetarian, and other special diet ranges. Just need a plastic jug to get the required amount of boiling water in which can be poured straight into the meal pouch, let sit for 10-15 minutes and then can eat straight from the meal pouch. No mess, no washing up and quick and easy for any scout to prepare. Generally, with a long-handled spoon your scout can eat their meal straight from the freeze-dried meal bag.
- Snacks,
  - Scroggin, Muesli Bars, Nutri Grain Bars, etc.
  - Gummy lollies for the trail and a chocolate for Saturday night.

## ***Other items***

This is up to you, but you must be adequately prepared for wet and cold conditions be self-sufficient as a Patrol. Members of the Patrol will need to carry their pack and all equipment with them.

## **Patrol Gear**

- **Map**
- **Small First Aid Kit** – one per patrol (PL to organise)
- **Compass**
- **Pen, Pencil & paper/notebook**
- **Map Case** – Jumbo size zip lock bags are ideal for this.

Scouts are old enough to take personal responsibility for their own sun protection and hydration. It is recommended that scouts wear a wide brim hat and apply sunscreen and lip balm regularly. However, all clothing should be sun smart. Preferably collared shirts, long pants etc. **NO** Singlets, short skirts, crop tops etc to be worn.

Phones and other valuables can be brought at your own risk.

Phones and any other personal items may be confiscated by a leader if used inappropriately as determined by the leaders. Again, no responsibility will be taken for damage or loss of items if confiscated.

All shoes must be fully enclosed. No Crocs, Sandals, Thongs etc will be allowed.

If any Group Property is damaged due to misbehaviour of scouts you may be asked to reimburse either a portion or all replacement costs.

## Packing Your Pack

Use a check list that includes every item you will require.

### Pack Liners and Plastic Bags

A pack liner should be used inside your pack to keep everything you pack dry. Clothing and other items should be kept in plastic bags inside this liner. The sleeping bag in particular must be kept dry under all circumstances, so make sure it is well wrapped.

### Food

Dry foods are best packed in individual zip lock bags. Wet foods such as margarine, honey, spreads etc, are best stored in small plastic or aluminum containers and then stored in a plastic bag. Leave jars, canned food etc at home - they add unnecessary weight.

### Packing your Gear

Pack all your gear into your pack. Don't leave anything hanging on the outside. It may fall off and get lost and will probably rattle and jiggle about annoying both you and your companions.

## Tips

- Write out a check list of the things you want to take and check them off as you pack
- Use a waterproof pack liner inside your pack to keep everything dry if it rains or otherwise gets wet. If you don't have a proper pack-liner, use a heavy-duty plastic bag (i.e. garbage bags).
- Use more dry bags, plastic bags to hold clothes and other things that must be kept dry.
- Be very careful to keep your sleeping bag very dry. This method of dry bags within dry bags makes absolutely sure your warm gear is kept dry.
- Put the heavy items towards the top of your pack, close to your body. Lighter things and things you don't need to get at easily can go at the bottom.
- Many packs have a separate compartment at the bottom for your sleeping bag.
- It makes good sense to put things you may need to get at near the top. The top pocket is an ideal place for the things you have to get in a hurry, including your first aid kit.

**Don't let Mum or Dad pack your pack** - remember, you need to carry it and know where everything is!

## How heavy is your Pack?

Your full pack with all food and gear included should not weigh more than 20% of your normal body weight.

Stuff you may need during the day on top or in top pocket

Heavy items near top & close to body

Clothes and lighter stuff

Sleeping bag

