# SEA KAYAKING EQUIPMENT LIST

## To paddle in
- Bathers / board shorts
- 2 sets of thermals (top & pants)
- 1 rash shirt/water shirt (must have long sleeves)
- Woollen or fleece jumper
- Sun hat **(should cover ears and neck)**
- Wet shoes (cheap wetsuit booties are fine) or woollen socks with old runners. No thongs.
- Woollen/fleece beanie (important!)

### Safety and wet weather clothing
- Waterproof jacket (provided by TPS)
- Woollen gloves (optional)

### General
- Duffle bag (this will not be taken in the kayak)
- Sleeping bag (must be lined with a heavy duty garbage bag)
- Sleeping bag inner-sheet (for additional warmth & hygiene)
- Sleeping mat (provided by Adventure Plus)
- Camp shoes (runners / crocs)
- Socks / underwear
- Spare fleece/wool jumper
- Change of clothing (Tracksuit pants, shorts, 2 x t-shirts)
- Towel (small)
- Minimal toiletries (tooth brush, soap, etc.)
- Personal Medication - Asthma puffer etc
- Sun screen – 15+

## Small first aid kit (bandaids, stingose, insect repellent, etc)
- Sun glasses (with safety cord)
- Water bottles with a total capacity of 8 litres (eg. 4 x 2 litre bottles) – can be filled at starting point.
- Camelbak (only if you own one already)
- Insect repellent
- Waterproof camera, book/pack of cards (optional)
- Torch & spare batteries (a head torch is best)
- Toilet paper & hand sanitizer in snap-lock bag
- Matches x 2 boxes (stored in separate, waterproof containers)
- 8 heavy duty garbage bags (to waterproof gear and rubbish bags)
- Sea Sickness tablets - unless you are a seasoned ocean traveller these are highly recommended

### Food & Cooking gear
- Food – 3 dinners, 3 breakfasts and 4 lunches (see attached list)
- Snacks (see attached list)
- Eating utensils (cup, bowl, knife, fork & spoon)
- Scourer and detergent (in small plastic bottle)

### Group Items
- Tent (provided by Adventure Plus)
- Cooking stove & fuel (provided by Adventure Plus)

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The following equipment will be supplied by Adventure Plus:
- Sea Kayaks and all related safety equipment
- Tents – 2 person (work out tent groups before the trip)
- Sleeping mats
- Trangia cooking stoves

**Please note:**
- DO NOT bring MP3 players, mobile phones or aerosol cans on this trip
- The Gippsland Lakes can be cold and wet at any time of the year
- Woollen or polar fleece jumpers must be included; cotton or synthetic jumpers are dangerous in cold and wet conditions.
- Gear **must** be waterproofed by using heavy duty garbage bags. Bring lots of spares.
SUGGESTED FOOD LIST

- Minimise packaging; take off as much of the plastic etc. before packing as all rubbish will have to be taken out.
- Keep the weight down - lots of tinned food is heavy to carry in the kayaks.
- Some perishable foods such as fresh meats are unsuitable, as they require refrigeration.
- Fatty foods such as sausages and bacon are also unsuitable to cook on the Trangia stoves (cleaning the stoves is a long and difficult task).
- Do not bring glass jars or glass containers - transfer or buy items in plastic containers.
- Arrange to buy and cook with a partner or small group.
- Cans of drink are heavy and best avoided.
- Measure ingredients into a bowl for each meal to estimate the quantity.
- All cooking will be done on the Trangia stoves as no fires are allowed in the National Park.

Breakfasts (three breakfasts required)
- Porridge (add sultanas other dried fruit, honey, banana to flavour)
- Cereals (add same as porridge to flavour)
- Small tin of baked beans or spaghetti

Dinners (three dinners required)
- Pasta, onions, tomato, capsicum, mixed herbs, grated parmesan cheese
- Pasta, small tin of meat sauce, parmesan cheese
- Rice/pre flavoured rice, onion, capsicum, small tin of tuna, parmesan cheese
- Freeze dried meals (more than one packet may be required for a filling meal)
- Dried peas, corn, potato to add to freeze dried meals
- Cup of soups to have before the main meal
- Fresh fruit to have for dessert
- Small snack packs of fruit and/or instant pudding etc. (One per meal for dessert)
- Dried fruit

Lunch (four lunches required)
- For the first day bring sandwiches or a salad roll
- Dried biscuits, cheese, salami, spreads, capsicum, tuna sachets, etc.
- Bread to make sandwiches, ingredients same as with the biscuits (‘mountain bread’ keeps longer)
- Pita or pocket bread with a variety of ingredients
- Piece of fresh fruit each day

Snacks and extras
- Scroggin - small bag per day (mixture of sultanas, dried fruit, chocolate, jelly beans etc.)
- Muesli bars / Small blocks of chocolate
- Tea / Coffee / Milo
- Powdered milk (for breakfast and drinks)

REMEMBER – NO NUTS ON CAMP

GET CREATIVE!
ENJOY YOUR FOOD 😊
Name of Excursion: Year 10 Outdoor Education Camp (Sea Kayaking)

Date of Departure from School: 21 March, 2016  Time: 7.00am (from Ansett Hall)
Date of Arrival Back At School: 24 March, 2016  Time: 4.30pm (at Ansett Hall)

Locations Visited: Paynesville, The Lakes National Park, Emu Bight, Bunga Arm, Rotamah Island, Banksia Peninsula

Aim of The Excursion: To facilitate personal growth through the practical implementation of Positive Psychology principles

Transport: Ventura Bus Services coach
Adventure Plus 4WD (emergency vehicle)

Planning Routes:
- Baxter-Tooradin Rd
- Five-Ways Rd
- Princes Fwy

Necessary Clothing: Refer to information sheet

Type of Accommodation: Hike tents (3 nights)

Availability of Medical Treatment: Outdoor Education staff (First aid trained)
- Bairnsdale Regional Health Service: 51-503333
- Bairnsdale doctor surgery: 51-524123
- Gippsland Base Hospital (Sale): 51-438600
- Guthridge Parade, Sale

Other Information: (including any specific risks associated with the excursion)
Please contact Mr Dan Davies on 0428 544 471 for additional Risk Assessment information.

In the event of an emergency:
In the first instance please contact:
Mr Keith Thompson (Operations Manager)
M: 0407 500 156 or 9788 7754