



Maroon Outdoor Education Centre

Essential Clothing and Equipment for Duke of Edinburgh Expeditions

1. **CLOTHING** - Shorts, shirts, long pants, warm jumper, underwear, pyjamas, swimming togs, (winter - beanie), many pairs of socks suitable for hiking (wool or sports type socks). Enough clothes for the entire duration of the programme. It is advised not to bring expensive clothing or shoes due to the nature of the activities undertaken. **Singlets and midriff tops are unsuitable for activities at Maroon OEC.**
2. **FOOTWEAR** - at least 2 pairs of sturdy shoes/joggers that cover the foot - one pair suitable for hiking, one **old pair** to be worn for all water based activities. Casual footwear may be worn during non-activity time at the Centre.
3. **PROTECTION FROM THE SUN** – All students **must have** a suitable hat and blockout cream. An old long sleeved, collared shirt and eye protection is also desirable. **Singlets and midriff tops do not provide adequate protection from the sun.**
4. **RAINCOAT** - Knee length is essential. A hood/rain hat is desirable. (Please note that a good quality raincoat will ensure the required protection whilst on campout or hiking).
5. **INSECT REPELLENT** - Students are strongly advised to use insect repellent and/or wear a long sleeved shirt for protection against insect bites.
6. **TOILETRIES** - toothpaste, toothbrush, personal prescribed medication, bandaids, insect repellent. **No aerosols.**
7. **WATER BOTTLE** - 2 x 2 litre water bottles (sturdy plastic soft drink bottles are suitable).
8. **SMALL TORCH or HEAD TORCH** and spare batteries.
9. **ADDITIONAL ITEMS FOR CAMPOUT**
 - One plastic bowl and plate, one cup and one pot scrubber or steel wool, cutlery, tea towel.
 - Sleeping bag (Good quality required in winter) & sleeping mat
 - Large plastic garbage bags for waterproofing (minimum of 3).
 - Length of nylon cord or strong twine (2m, optional).
 - Gaiters or sock protectors (optional).
 - Thermal clothing (Optional – winter).
 - Backpack Lightweight
 - Stove and pots
 - Tent (lightweight)
10. **ITEMS NOT TO BE BROUGHT ON CAMP**
 - To enable the program to be optimally beneficial, electronic games and music devices are not permitted by students at Maroon OEC.
 - Cameras are allowable.
 - It is not advisable to bring expensive clothing because of the nature of the activities undertaken.
 - Aerosols and spray deodorants are not to be brought on camp.
 - Students have no need to bring money to Maroon OEC as there is no shop.
 - Due to the harmful effects that gum can have on wildlife, students are not to bring chewing gum to Maroon OEC.
 - Students are not to bring sharp knives or cutting implements to Maroon OEC. These will be issued to students when preparing meals.
 - It is a requirement that jewellery be removed as a matter of safety for a number of activities conducted during most programmes. If jewellery is unable to be removed or suitably taped, the student will not be able to participate.
 - Singlets and midriff tops are unsuitable for outdoor activities.

Note: Some camping equipment is available for hire from Maroon OEC including tents, backpacks, sleeping mats and cooking equipment.