

# OUTDOOR ESCAPE



## Somerset College Trek Guideline Packlist

**19 YEARS TREK EXPERIENCE. 10% discount on all Trek purchases. It is important to check that all equipment is working properly before you start Trek. Be familiar with your equipment and know-how to do maintenance or repair it if required. Cross-check with the school list to make sure you have everything!**

NB All equipment must be clearly marked. The school is not responsible for lost or damaged equipment.

\*\*Aim for a packed backpack that is no more than 20% of your body weight (without food & water & some group kit which is supplied on leaving - which weighs approximately 2 kgs).



### Footwear

- ☐ Hiking Boots (Multi-Day)
- ☐ Aqua Shoes/Sandals (for water activities/cycling/camp)



### Bags

- ☐ Backpack (45-65L)
- ☐ Raincover (45-65L for backpack)
- ☐ Daypack 20-30L
- ☐ Survival Bag x2(1/Solo-day & 1/River crossing etc)
- ☐ Garbage Bags x2(Heavy Duty)
- ☐ Dry Bag 30L/Sac Liner
- ☐ Ziplock bags x10 (for socks & smaller items)



### Hydration

- ☐ BPA Free Water Bottel/Bladder (2L in Total)
- ☐ Electrolytes Tablets



### Utensils

- ☐ Cutlery Kit
- ☐ Bowl/Plate
- ☐ BPA Free Mug



### Equipment & Other

- ☐ Headlamp 250 Lum est.
- ☐ Pocket Knife with tin opener
- ☐ Lighter/waterproof matches
- ☐ Whistle (with cord)
- ☐ 6m Thin Rope
- ☐ Quick Dry Towel (Large)
- ☐ Tea Towel
- ☐ Cable ties x10 (standard length)
- ☐ Duck Tape (3M)



### Sleeping Gear

- ☐ Compact Sleeping Bag
- ☐ Self-inflating Pillow
- ☐ Self-inflating Mattress
- ☐ Sleeping Bag Liner - Optional
- ☐ Hiking Tent 2/3 Mans



### Clothing

- ☐ Hiking Socks x3
- ☐ Sock Liners x3
- ☐ Broadrim Hat
- ☐ Buff / Bandanna
- ☐ Waterproof Jacket
- ☐ Waterproof Pants (optional)
- ☐ Thermal Underwear Long Sleeve Top
- ☐ Thermal Underwear Long Johns
- ☐ Quick Dry Shorts x2
- ☐ Quick Dry T-Shirts x2
- ☐ Quick Dry Long Sleeve T-Shirt
- ☐ Long- Technical Pants/Zip-off Pants/Technical Tights
- ☐ Fleece / Warm Top (100-200g)
- ☐ Underwear
- ☐ Swimming Costume
- ☐ Polarized Sunglasses & Sunglass Strap
- ☐ Cycling Shorts
- ☐ Cycling Gloves



### Personal Gear

- ☐ Sun Block
- ☐ Lip Ice SPF
- ☐ Clothes Pegs
- ☐ Toilet Paper x1
- ☐ Biodegradable Soap for Body 89ml min.
- ☐ Biodegradable Soap for Clothes 89ml min.
- ☐ Tooth Brush & Toothpaste
- ☐ Personal Medication
- ☐ First Aid Kit as per school req.  
(1x Roll Micropore; 1x 75mm Bandage; Any specific medication to individual ailments noted on medical form)
- ☐ Insect Repellent
- ☐ Small Vaseline(Sealed in Ziplock)
- ☐ Personal Items  
(Reading Book; Pencil; Notebook; Writing paper etc)



### Optional Gear

- ☐ Beanie
- ☐ Gloves
- ☐ Accessory Clips
- ☐ Scrubba Wash Bag
- ☐ Laundry Mesh Bags

