

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