

GEAR LIST – LAKE MOKE Bronze Duke of Edinburgh Trip

Food 2 x Breakfast, 1 x Dinner, 2 x Lunch, Money for dinner in Queenstown on Friday night.

Note: Please have lunch prior to leaving Invercargill on Friday.

Snack Food - Scroggin. Energy food, eg nuts, dried fruit, chocolate etc.

Waterproof Jacket

Woolly Fleece (under jacket)

X 2 Thermal Layers

X 2 Long Johns / warm practical pants / leggings

Shorts

Underwear (no cotton)

Beanie (any warm hat)

Warm gloves

X 2 thick socks

Broken in Tramping Boots (with ankle support)

Headtorch (spare batteries – optional)

Insect repellent / sunscreen

Personal sanitary / hygiene items (eg deodorant, toothpaste, face wipes etc)

Personal First Aid kit

Drink bottle / camelback

Cup, Knife, fork, spoon

Pack

Pack Liner / rubbish bags

Bags for putting gear in

Sleeping bag (warm)

Sleeping mat

Whistle (optional)

Gaiters (Optional)

Gas Cooker (Optional) – Please let Ms Mattingly know if you are bringing a gas cooker

Tent (Optional) – Please let Ms Mattingly if you are bringing a Tent and how many it sleeps

Sunscreen

Sunhat

Swimsuit (Optional – for swimming in Moke Lake)

Food:

Radix or Back Country – Freeze Dried Food is available from Southern Adventure or H and J Smiths Outdoor Department– both in Tay Street.

Cheese, crackers, salami, snack bars, dried fruit, noodles are some suggestions for lunch. (Lunch on the Saturday , the second day – will need to be a packed lunch – we may not have access to cooking.

Breakfast could be porridge/oats/weetbix or a Radix breakfast could be purchased for Sunday morning.

FYI Radix is rumoured to taste better than backcountry and has options for special dietary requirements