



Unit 3-4 Outdoor and Environmental Studies Forest Expedition Planning Form

Personal clothing	Packed	Personal equipment	Packed
Bathers		<u>Hat</u>	
Towel		<u>Sunscreen</u>	
Rain jacket		Toiletries – toothbrush, soap etc.	
Jumper or Fleece		Plastic/garbage bags	
Tracksuit pants		Toilet paper	
T-shirts		Mug/plate/bowl	
Underwear		Knife, spoon and fork	
Socks		Water bottles (2 litres)	
Pyjamas		Torch	
Sturdy walking shoes/runners		Sunglasses	
Old pair of shoes (water activity)		Towel	
		Money	
		Pens	

Personal camping equipment	Packed	Personal First Aid	Packed
Day pack		Face masks x 4	
Duffel bag/overnight bag		Hand sanitiser	
Sleeping bag		Band aids	
Pillow		Sunscreen	
Sleeping bag liner/inner sheet		Personal Medication	

Food planner	Wednesday	Thursday	Friday
Breakfast	/	Student planned and to provide	Student planned and to provide
Lunch	Student planned and to provide	Student planned and to provide	Purchase (approx. \$20) OR Student planned and to provide
Dinner	Provide and Cook on Trangia	Provide and Cook on Trangia	/
Snacks	Students provide	Students provide	Students provide

BMG Supplied Equipment

The school will provide the following equipment: tent, sleeping mat, Trangia stove with fuel, expedition booklet and First Aid Kit