

Unit 1-2 Outdoor and Environmental Studies Forest Expedition Planning Form

Personal clothing	Packed	Personal equipment F		
Towel		<u>Hat</u>		
Rain jacket		Sunscreen		
Jumper or Fleece		Toiletries – toothbrush, soap etc.		
Tracksuit pants		Plastic/garbage bags		
T-shirts		Toilet paper		
Underwear		Mug/plate/bowl		
Socks		Knife, spoon and fork		
Pyjamas		Water bottles (2 litres)		
Sturdy walking shoes/runners		Torch		
		Sunglasses		
		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	At home	Student	Student planned
		planned and	and to provide
		to provide	
Lunch	Student planned	Student	Purchase (approx. \$20)
	and to provide	planned and	OR Student planned and
		to provide	to provide
Dinner	Provide and Cook on	Provide and	At home
	Trangia	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