



DEAKIN OUTDOORS CLUB

Event Packing Lists

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If you feel like bringing something else not on this list or are unsure about why to bring something contact DOC on Instagram or email!



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Day Hike

A **backpack** with:

- Snacks and lunch
- Sunscreen
- 2L of water
- Rain coat
- Warm layer

Wear:

- Comfortable hiking clothes
 - E.g. Long sleeve business like shirt and comfortable shorts
- Sturdy hiking shoes or runners
- Hat
- Sunglasses



Overnight Hiking

Bedding:

- Sleeping bag
 - o Suggest -2 comfort rating
- Sleeping mat
 - o Inflatable or foam
- Sleeping bag liner (optional)
- Pillow (optional)

Clothing:

- Thermals (top and bottom)
 - o Not cotton
- 2x Warm layers
 - o E.g. 1x DOC fleece, 1x puffer jacket
- Hiking Clothes
 - o E.g. Long sleeve business like shirt and comfortable shorts
- Beanie
- Gloves
- Warm hiking socks
- Spare socks & underwear

Gear:

- Hiking pack
 - o (60L minimum)
 - o Pack liner (optional)
- Sturdy, well worn in hiking shoes or boots
- Light hiking tent (optional sharing with another participant to save space)

Protective Gear:

- Solid raincoat
 - o Should be seam sealed, not thin
- Overpants (optional)
- Hat
- Sunglasses
- Whistle

Consumables:

- Minimum 3L of water capacity
 - o Bottles or bladder
- Any personal first aid supplies
- Portable charger for phone
- Sunscreen
- Insect repellent
- Headtorch
 - o With spare batteries or charger
- Bin bags and ziploc bags for waste



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Toiletries:

- Toilet paper
 - o Unspooled from roll in zip lock bag
- Hand sanitiser
- Toothbrush and toothpaste
- Roll on deodorant

Food: *(shareable)*

- Breakfasts
 - o E.g. 2 sachets of Uncle Toby's oats
- Lunches
 - o E.g. Wraps, tuna sachets (Sefcol brand), cucumber, block of cheese
- Dinners
 - o E.g. Textured vegetable protein, tomato, cucumber, cheese, small wraps (tacos).
- Plenty of snacks
- An emergency meal
 - o E.g. extra oats sachets

Cooking:

- Light hiking stove
- Gas/fuel for stove
- Bowl or plate
- Mug/cup (optional)
- Cutlery
- Cleaning supplies
 - Cloth, scourer, detergent

Optional:

- Trekking poles
- Dry bags to keep clothes and equipment in
- Camp shoes
 - e.g. Crocs (optional)
- Gaiters (summer recommended)
 - o Snake protection

Remember that we're aiming to bring as little as possible. For example, if you aren't going to use a bowl and can use your cup instead, don't bring it.



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Base Camping / Car Camping

NOTE: Everything you are taking should be able to fit into a 70L container.

Bedding:

- Sleeping bag
 - o Suggest -2 comfort rating
- Sleeping mat
 - o Inflatable or foam
- Sleeping bag liner (optional)
- Pillow

Clothing:

- Thermals (top and bottom)
 - o Not cotton
- 2x Warm layers
 - o E.g. 1x DOC fleece, 1x puffer jacket
- Comfortable camp clothes
- Hiking Clothes
 - o E.g. Long sleeve business like shirt and comfortable shorts
- Beanie
- Gloves
- Warm hiking socks
- Spare socks & underwear

Gear:

- Sturdy, well worn in hiking shoes or boots
- Comfortable camp shoes
- Tent
- Small backpack / day pack for short hikes

Protective Gear:

- Solid raincoat
 - o Should be seam sealed, not thin
- Overpants (optional)
- Hat
- Sunglasses
- Whistle
- Snake gaiters (summer recommended)

Consumables:

- Minimum 2L of water per night
- Any personal first aid supplies
- Portable charger for phone
- Sunscreen
- Insect repellent
- Headtorch



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- o With spare batteries or charger
- Bin bags and ziploc bags for waste

Toiletries:

- Toilet paper
- Hand sanitiser
- Toothbrush and toothpaste
- Roll on deodorant

Food: (*shareable*)

- Breakfasts
 - o E.g. 2 sachets of Uncle Toby's oats
- Lunches
 - o E.g. Wraps, tuna sachets (Sefcol brand), cucumber, block of cheese
- Dinners
 - o E.g. Textured vegetable protein, tomato, cucumber, cheese, small wraps (tacos).
- Plenty of snacks
- An emergency meal
 - o E.g. extra oats sachets

Cooking:

- Stove
- Gas/fuel for stove
- Bowl and/or plate
- Mug/cup
- Cutlery
- Cleaning supplies
 - Cloth, scourer, detergent

Feel free to be more liberal on a camping trip with your gear! That being said, remember you'll be limited by the space in your driver's car!



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Canoeing

Refer to hiking list above with the addition of:

- Pack liner
 - Large tough orange garbage bag (cheap alternative)
 - To put all gear inside, inside barrel
- Waterproof dry bag (optional) to have items outside barrel accessible

Gear will go inside a 60L barrel so do not overpack! A barrel cannot morph like a backpack can.



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Caving

Wear:

- Long pants
 - e.g. old track suit pants
- Long sleeves
 - e.g. t-shirt with an old woolen jumper on top
 - Jacket-like material not recommended
- Closed toe shoes
 - e.g. old runners
 - **No** crocs etc.
- Overalls (alternative)

Bring:

- Towel
 - Big enough to cover to get changed with
- Spare shoes
 - e.g. crocs
- Whole change of clothes
 - Including socks and underwear
- Plastic bag for dirty/wet clothes
- Water bottle
- Food for snacks/lunch
- Any personal medication
- Head torch
- Knee pads (optional)

Assume you will get wet all over so be prepared with enough spare clothes for afterwards!



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Rock Climbing

Gear:

- Rock climbing helmet
- Climbing shoes
- Chalk bag
 - Brush (optional)

Additionally:

- Spare shoes for walking around
- 2L of water
- Snacks and lunch for the day
- Warm layer
- Rain jacket



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Bike Packing

Refer to above hiking list with the addition of:

Bike Gear:

- Bike!
- Helmet
- Gloves (optional)
- Cycling shoes (if applicable)
- Pannier racks and bags
- Repair kit
 - Spare tube
 - Tyre levers
 - Small pump
 - Allen keys etc.

DOC will not take a full repair kit so all participants are responsible for their own bike maintenance!



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Cabin Camping

Bedding:

- Sleeping bag
- Sleeping bag liner (optional)
- Pillow

Clothing:

- 2x Warm layers
 - o E.g. 1x DOC fleece, 1x puffer jacket
- Comfortable camp clothes
- Beanie
- Gloves
- Spare socks & underwear
- Comfortable camp shoes

Protective Gear:

- Solid raincoat
 - o Should be seam sealed, not thin

Consumables:

- Minimum 2L of water
- Any personal first aid supplies
- Portable charger for phone
- Sunscreen
- Insect repellent
- Headtorch
 - o With spare batteries or charger

Toiletries:

- Hand sanitiser
- Toothbrush and toothpaste
- Roll on deodorant

Food: *(shareable)*

- Breakfasts
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Cooking:

- Stove
- Gas/fuel for stove
- Bowl and/or plate
- Mug/cup
- Cutlery
- Cleaning supplies
 - Cloth, scourer, detergent

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