

## Day Tramps Gear List

<b>1x pair of Suitable Walking Shoes</b>	tramping shoes would be ideal
<b>Rain jacket</b>	Large, waterproof and with a hood
<b>Socks</b>	1 pair of woollen socks for walking
<b>Thermal Top and Bottom</b>	Thermal set for cold weather
<b>Cap/Sun Hat and Beanie</b>	
<b>Warm clothes</b>	Suitable clothing for physical activity during bush activities
<b>Fleece</b>	Fleece Jersey for warmth
<b>Medication and Sunscreen</b>	Personal medication and sunscreen.
<b>Drink bottle and Lunch</b>	1 – 1.5 litres of water are preferred, you may also bring any snacks you wish to have during the day
<b>Day Pack</b>	A comfortable backpack to carry your gear in throughout the day

\*Specialist items are available at TOPEC along with some wet suits and appropriate safety gear. These are allocated as necessary, but sizes cannot be guaranteed

\*TOPEC does not take any responsibility for any loss or damage to personal items that are used as part of any course offered by TOPEC. This includes but is not limited to cameras, cell phones, IPOD / MP3 players, cash and watches.