

Gear List for the 10-Day Program

For the Farm	For the Hike, Abseil and Rafting/Sledding (NOT cotton material, 0% cotton)
1 x old runners/work boots	1 x pair of hiking boots (that you've used before)
3 x woollen or fleece jumpers	2 x thermal bottoms (not skins/elastane)
2 x long sleeved collared shirts (non-cotton preferred)	2 x thermal tops (not skins/elastane)
2 x pairs of tracksuit pants/work pants	1 x pair of woollen or fleece pants
2 x pairs of shorts	1 x swimming shorts/board shorts
2 x T-shirts	1 x long sleeve collared top (not cotton)
1 x woollen beanie	1 x hiking pants/shorts pants combo
6 x thick woollen socks e.g., Explorers	1 x broad brimmed hat
Underwear	1 x pair of gloves
Bathers	1 x neck scarf/buff
Towel	Cup, bowl, and spoon
Toiletries/personal medication	3 large, strong garbage bags for lining the pack to keep gear dry
2 x 1L water bottles	1 x torch and spare batteries (head torch recommended)
1 x single fitted sheet	50+ sunscreen and lip balm
1 x pillowcase	Cut lunch for Day 1 (travel day)
Cash (for merchandise. Feel free to check the website in advance)	Camera (optional)



Please note the following:

- If you do not have item/s from the gear list, don't panic, Mittagundi will be able to provide you with the item/s upon arrival to the start of the hike. We have lots of gear and equipment to lend out. Excluding underwear.
- It is recommended that you pack all your gear from home into a duffel bag/bag without wheels and/or into a hiking pack if you have one. Before the hike starts, Mittagundi leaders will run a packing session where they will check what gear you have, give you any items you don't have/need to replace and then they will run a packing session to help you pack for the hike. The remainder of your gear (in duffel bag), that you aren't hiking with, will make its way directly to Mittagundi and be waiting on the farm for you when you arrive from the hike.
- Some items cross over between the farm and the activities.
- A cut lunch (lunch on the go e.g., sandwich and snacks) for the first day of travel is required. No other food is required for this program. Everything else will be provided by Mittagundi.

Mittagundi WILL provide the following, however, you are more than welcome to bring your own if you'd prefer:

- Hiking pack
- Sleeping bag
- Inner sheet (to go inside the sleeping bag)
- Gaiters
- Waterproof (Gore-Tex) jacket
- Waterproof pants
- Whistle
- Tent

The team of leaders will check each young person's gear before the start of the hike to make sure it is all suitable and will assist in helping them decide what to pack during the packing session that they run.

Our No Cotton Policy in the Outdoors:

Cotton may be acceptable on the farm, but **cotton is NOT acceptable** for the hike, the abseil or the rafting/sledding day. If you're not sure how to tell, check the labels. Labels must reflect up to 100% another material e.g., polyester, polypropylene, wool etc. Mittagundi leaders reserve the right to decline a young person's clothing on the activities if they deem it to be cotton. They will instead issue the young person with clothing from Mittagundi that is not cotton. Cotton in the outdoors is a safety issue. There are many reasons why Mittagundi does not accept cotton in the outdoors and the team of leaders will teach the group of young people why.

