

## Crossing Packing for Sea to Snow

### Equipment List - Group Gear (usually divided between 2 or sometimes 3 people)

Item	Notes	Packed
Tent	To share with a partner	
Stove/Trangia & fuel	To share with a partner & methylated spirits	
Matches	waterproof by using plastic film canister	
Billy Grips	for safe handling of hot pots	
Food	Training fully catered ("Menu Planning" sheet provided at training)	
Maps, Phone, Triage First Aid	Check supervisor has these before setting off	

### Equipment List - Individual Gear

Item	Notes	Packed
1 backpack (65-80lt)	Have separate waterproof internal bags for clothes & for sleeping bag	
Warm 'negative 5' Sleeping Bag	Borrow or purchase (essential for events and travel in coming years)	
Emergency meal	1 Protein bar, 1 muesli bar, 1 soup sachet, & dried fruit in a sealed plastic container marked Emergency Food (emergency situations may be presented in training also)	
Thermal Mat	Foam or inflatable mat to insulate you against cold from the ground	
Clothes change & jocks & minimal cotton as it's cold when wet	Long sleeved lightweight shirts with collars and long pants (No jeans) to protect against bites/stings/sun. Also thermals (not cotton as they get very cold when wet)	
Insulating layer/jumper	Polarfleece is best - very light & stays warm when wet	
Swimmers/Boardshorts	Optional	
Small, lightweight towel	to wash and dry out on the journey	
Walking boots, wool blend socks & Crocs for the pack (light with some protection)	<b>Walking Boots</b> to help get through any snow at the end. Thick socks to ensure no blisters eg wool based explorers that stay warm when wet ( <b>not cotton socks</b> ). Socks in Crocs can give feet a nightly break	
Wide brimmed hat with cord and beanie	For sun protection that can't blow away & cold protection for evenings & early mornings and high mountain snows	
Bowl and cup	light weight but strong (a thermal cup with top keeps soups warm)	
Knife, fork, spoon	lightweight but strong	
Toothbrush	with half-empty or small container of toothpaste	
Toilet paper, hand sanitiser	in plastic bag with small tube of sanitiser for hands	
Personal First Aid in waterproof container with red cross	large stretch roll bandage, triangular bandage, 20 bandaids, 5 non-adherent pads, wide non-allergenic strapping tape, foil blanket for emergency warmth.	
Personal medications	inform project director of any prescription drugs	
Sunscreen and sunglasses	essential for snow & bike (insects hitting eyes at speed are bad news)	
Raincoat (with hood/cap)	water and windproof and not disposable	
2 strong 1L water bottles	Must be full on arrival, one in daypack, if they break it's not good!	
Compass	Square corners on base plate for accurate distance measuring	
Head Torch/Torch	as small as possible ( <b>have a set of spare batteries</b> )	
Whistle	Attach to your compass cord around neck	
Light Nylon cord	approx. 4m to lash tent in storm or to dry stuff out etc	
pencil & rubber	to keep expedition log diary	
Dental tape & strong needle	this is the best repair kit	
<b>Other individual stuff needed for bike riding</b>		
Mountain Bike	<b>Service your bike before the training</b>	
Bike Helmet	Must meet Australian standards	
Spare inner tube	That fits your tyre size	
Instant stick puncture patch	For fast repairs on the journey	
Day pack	Raincoat, water, emergency meal, jumper and snacks go into this pack when you are on the bike or in the canoe	

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### Not permitted for safety reasons

#### **Mobile phones or e-devices.**

Being alert and having full hearing is important on journeys in the bush and when doing tasks with others. E-devices used by untrained first aid responders pose interference risk for staff emergency response. E-devices can also interfere with friends sleep at night especially if inappropriate music or videos are playing.

**Thongs/flip-flops, knives, matches, lighters & spray deodorant** - so everyone around you can feel safe.

**Valuable items** such as jewellery, watches, credit cards are easily lost so please leave them at home. Also, we run an off-the-grid solar electricity system so hairdryers etc are not safe.

**Sugary lollies or softdrinks** food in student bags can bring bush rats into sleeping areas causing damage to bags and clothing. Late night sugar highs result in poor decision making, unsafe behavior and sleep issues.

The Crossing is a place where young people take on responsibility for each other and for community projects such as Landcare. We know adventures need fuel and we provide plenty of healthy, great tasting snacks.

We use all sorts of hand tools under supervision and have our own e-devices for safety – you do not need your own – **please respect these important safety precautions or you will be asked to leave and your parents will be phoned to come and pick you up. We are serious about safety.**

You can find us at <http://thecrossingland.org.au> email [stay@thecrossingland.org.au](mailto:stay@thecrossingland.org.au) or phone 64933400.

**We are also on Facebook, Twitter and Instagram as thecrossingland**