



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

LIST OF CLOTHES AND EQUIPMENT: GOLD QUALIFYING EXPEDITION

For the return journey:

One small bag to be left in the bus with clean, dry clothes to be used on the way back: 1 shirt, 1 pair of trousers, tennis shoes, socks and underwear, 1 sweater/jacket.

For the expedition:

- 1 sweater or polartec jacket
- 1 anorak / rain coat (good quality - breathable)
NB: the two items above are imperative for the trip and must be of good quality. The group will be hiking from 1.700 m to 2.750 m above sea level in June (almost winter time) and temperatures can reach as low as minus 6 Celsius during the night. A good sleeping bag is also recommended. In case of rain, the rain coat must be able to withstand the weather, otherwise there will risk of hypothermia.
- 2 trousers for hiking: tactel, lycra (no moleton or jeans). Girls may use leggings down to the ankles but trousers are preferable.
- 1 pair of water resistant trousers to wear on top of trousers
- 1 pairs of shorts or swimsuit
- 4 t-shirts for walking (one per day), preferably dry fit (dries quickly, better than cotton)
- 2 long sleeved t-shirts for the night (or day) + comfortable clothes for sleeping, that should always be kept dry (it will be cold at night!)
- 3 pairs of socks for hiking
- 3 pairs of underwear
- 1 pair of hiking tennis shoes or boots (with thick soles and good grip for hiking – good quality). Do not bring brand new boots (may cause blisters) neither very old boots, older than 3 years (the sole may detach from main body).
NB: this item is extremely important – we have seen on trips that at least once per trip someone loses their hiking boot's sole. If the hiking shoe or boot is destroyed the student most likely will have to be evacuated (if he / she does not have a spare one).
- 1 extra pair of shoes (could be sandals - preferably Crocs – or a very light running shoe)
- 1 Cap
- 1 woollen hat (important)
- fleece or woollen gloves
- protection to keep the neck warm
- 1 wash bag with soap, toothbrush, tooth paste, alcohol gel, cleaning tissues and other toiletries (tent teams should organize a toiletry bag for common use, to carry less weight)
- 1 small towel for camping

Sleeping and Eating

- 1 sleeping bag for cold weather (very important)
- 1 plastic bowl (could be Tupperware), to eat
- 1 plastic cup or mug
- 1 fork and spoon (metal or hard plastic)
- Food – organised by tent groups
- Treehouse will supply tents and sleeping mats, stoves and pans.

Other Equipment

- Plastic bags for dirty laundry and garbage
- Sun protection lotion (minimum Factor 30) and mosquito repellent (walking teams should organize themselves to carry only one of each)
- Lip balm
- 1 expedition backpack (minimum 50 litres – ideally 60 to 75 litres for boys, 50 to 65 litres for girls) – do not bring smaller or larger packs than suggested.
- 1 waterproof cover for the backpack
- 2 one litre water bottles
- 1 good quality electric torch / headlamp with spare batteries
- Essential medication if appropriate (please advise teachers)
- Small waterproof bag to carry papers and documents, batteries, camera, etc.
- Portable camera (optional)
- A pair of trekking poles (optional)
- Sunglasses

Treehouse will supply large resistant plastic bags to cover the inside of the backpack in case of rain

All other items (maps, compass, purifying water drops, lighters, etc.) will be supplied by Treehouse

Please do not bring items of value

Portable electronic equipment may be damaged by damp weather and rain.