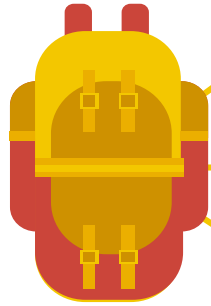




**THE
URBAN
ODYSSEY**



Each team is provided with 2 to 3 Trangia stoves to share - *personal gas stoves are not permitted*

You will pack for the 2 day Practice first before going home and repacking for the 4 day Qualifying Journey

Be mindful of the weight of your pack- it should weigh between 8 and 14 kg, depending on your body frame

Gear List

HIKING GEAR

- Hiking Pack** - minimum 65L pack, made specifically for hiking, no gear strapped to outside
- Waterproof Pack Device** - pack should be waterproof using a liner, dry bags or garbage bags
- Tent** - lightweight (less than 1.5kg ideal), waterproof, should fit your person and your pack
- Sleeping Bag** - appropriate temperature rating for the conditions, small and compact
- Sleeping Mat** - comfortable, lightweight, small and compact

Optional:

- Sleeping Bag Liner** - great for adding a little extra warmth and keeping your bag clean



FOOD & DRINK

- Drink bottles - 3 litres of capacity** - you need to be able to carry 3L of water when needed
- Mess kit**- bowl, mug, fork, spoon, sponge, tea towel, pocket knife if you need to chop

BREAKFAST

- 1 x Practice
- 3 x Qualifying

Ideas: Quick oats sachets, oat or muesli bars, cereal with or without milk, fruit, bread rolls

DINNER

- 1 x Practice
- 3 x Qualifying

Ideas: Freeze-dried meals, pasta/ rice packets, noodles, curries, soups, tuna and pre-cut veggies

LUNCH

- 2 x Practice
- 4 x Qualifying

Ideas: Wraps, rice cakes, crackers, tuna, tuna and beans pouches, salami, vegemite, honey

SNACKS

- Lots!**

Ideas: Muesli bars, dried fruit, jerky, soy crisps, biscuits, protein balls, lollies, chocolate

YOUR FOOD SHOULD BE:
S - Sustaining
A - Ample
L - Lightweight
T - Tasty

CLOTHING

- Long Pants - 1 pair** - breathable, wicking, cover your ankles, loose fitting recommended
- Shorts - 1 pair** - can be worn while in coastal or suburban environments or around camp
- Long Sleeve Shirt - 1** - collar and long sleeves to protect you from the environment
- Short Sleeve Shirt - 1 to 2** - can be worn around camp or while sleeping
- Jumper and/ or Jacket - 1 to 2** - fleece jumper or down jacket is best
- Rain Jacket - 1** - can be worn as an extra layer of warmth
- Hat - 1** - wide brim is best to protect you from the sun
- Underwear & Socks - 4 to 5 pairs** - up to you how many you bring!
- Shoes** - hiking boots, trail runners or joggers- well worn in and comfortable

YOU MIGHT WANT TO CONSIDER WEARING HIKING BOOTS FOR THE BUSH TRAILS ON THE PRACTICE AND TRAIL RUNNERS OR JOGGERS FOR THE SUBURBAN STREETS ON THE QUALIFYING JOURNEY

Optional:

- Thermals - 1 set** - an essential item for cold conditions and winter months
- Beanie and Gloves - 1** - great for an extra layer on cold nights and mornings

Try and pack clothes that are **LIGHTWEIGHT** **COMPACT** and **QUICK TO DRY**



MISC

- Head torch** - with fresh batteries (it can be very frustrating if your torch dies!)
- Toiletries** - sunscreen, toothbrush & paste, feminine hygiene, deodorant, soap, travel towel
- Medication** - any prescribed medication, 1 x Ventolin for Asthma, 2 x EpiPens for Anaphylaxis
- First Aid** - small kit of things you might need - blister bandaids, strapping tape, chapstick etc