



**The Scout Association of Australia, Victorian Branch  
2nd. Prahran Scout Troop  
92 Williams Road  
Prahran, 3181**

**2<sup>ND</sup> PRAHRAN HIKE GEAR LIST**

1. Pack (good quality backpack for walking)
2. Sleeping Bag and Inner Sheet (waterproofed)
3. Sleeping Mat (Therm-a-rest, etc.) (waterproofed)
4. Groundsheet
5. Raincoat ( Japara, Gore-Tex, etc.)
6. Clothes

WEAR: - Boots / comfortable shoes                      ALSO TAKE : - Extra socks  
-                      Socks (rec. 1 thin pair and one thick)                      - Extra shirt / t-shirt  
-                      Shorts / lightweight walking pants                      - Trackies and/or  
-                      Shirt / T-shirt                      thermals  
-                      Jumper / jacket (wool, polarfleece, down, etc.)                      - Beanie/hat/cap

1. Personal – toothbrush, paste, toilet paper
2. Cooking Gear
  - 2 chux                      - bowl, spoon, mug
  - 1 scourer                      - tea towel
  - zip-lock bags                      - plastic bag (sefeway bag)
1. Water Bottle ( 1 Lt at least)
2. Torch ( small and lightweight)
3. Trangia and Sigg (stove and fuel) – this will be provided but remember to leave room
4. Food – take the menu that you and your partner have decided on.

**SOME HINTS FOR THE HIKE**

**BOOTS** – The most important thing to think about is: are they comfortable? A comfortable pair of runners is better than an uncomfortable pair of the very best hiking boots. Never wear new boots on a walk (break them in for at least two weeks first), and never borrow boots as they will already be molded to someone else's foot shape.

**PACKS** – A good pack can make the difference between an enjoyable bushwalk and a painful one, so make sure that the pack that you take is comfortable with weight in it. It is not necessary to buy a new pack for this walk, good packs can be hired from most outdoor shops or borrowed from friends etc. If you are going to buy a pack and are not quite sure what you are looking for please talk to me before you buy.

**SLEEPING BAGS** – A good sleeping bag is great, but not essential for the kind of walking that we will be doing. However, if you have a good bag at home, take it as you will be more comfortable. Do not bring any blankets! If you are worried that you will be cold please speak to me before the walk.

**RAINCOATS** – It most likely will rain at some point during the hike so adequate rainwear is essential. Ski Parkas are generally only semi-waterproof and are too warm to wear when walking anyway. Spray jackets, ponchos and Dryz-a-bones are also inadequate as they are not waterproof, difficult to walk in and too heavy respectively. As usual good walking coats cost \$200+ however cheaper and quite functional alternatives exist and can be hired.

**TENTS** – Scouts will be sleeping in two man hike tents. We will provide these but remember to keep some room in your pack for it.

**SLEEPING MAT** – Not for comfort but for warmth! A closed-cell foam mat will make for a much better nights sleep (and they don't cost much).

TORCH – Small and lightweight are the key words. One that can be used hands-free is an advantage but not essential. REMEMBER SPARE BATTERIES.

COOKING – We will be cooking on small metho stoves called Trangias. We will provide them and their fuel so remember to leave room.

CLOTHES – Clothes are very much dependant on the weather but remember, expect the worst! It is quite likely to be cold so please bring at least two warm jumpers. Wool, polarfleece and down stuffed garments are the best. Also two thin jumpers are warmer than one thick one.

FOOD – A menu will be planned by each scout so please remember to actually go to the supermarket and get the stuff, and *DON'T FORGET TO PACK THE FOOD!!!!*

If all this seems like a lot to remember, don't worry. We will have a night at scouts where everyone can bring in their gear and we will check it and discuss any questions that people might have before the hike. If you are planing to buy any outdoor gear, please talk to me first, it is often possible to improvise, borrow, share, etc gear or at least get it cheap, and the shop assistants in the outdoor shops aren't always as helpful as you might think.

Finally, we are trying to get away from the city and experience the bush as naturally as possible with as little impact as possible so please leave radios, video games, mobile phones, etc at home. There will be more than enough to do without them. Another thing we don't want is wrappers and packets strewn all over the bush, so please take as much of the packaging off your food as you can before you leave. If you have any questions please do not hesitate to get in touch.