

## Expedition Medicine

### Equipment List for Expedition Medicine

For those familiar with outdoor pursuits the basic minimum is to come with gear sufficient to overnight in the Tasmanian wilderness, noting the fact that it might be inclement at any time of year, as well clothing sufficient for a week of outdoor activities. Drying facilities are very limited so extra dry warm clothes are recommended.

- Old clothes for scenarios that you don't mind getting wet/dirty/damaged are a must
- A USB stick/thumb-drive for course photos
- A camera and data cable so that we can share each other's photos



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### Essential:

- Backpack to put all your stuff in
- Sleeping bag and pillow
- Ground mat
- Wash kit and towel
- Head torch and spare batteries
- Note book and pen
- Water bottle
- Your own mug, plate, bowl, knife, fork and spoon
- Waterproof jacket and trousers
- Walking boots and socks (numerous)
- Runners/sandshoes
- Gaiters/sandals/thongs/casual footwear (or similar)
- Beanie
- T-shirts, long sleeved tops and fleece jackets
- Shorts and long trousers (not denim)

### Optional:

- Compass / GPS
- Stove
- Personal harness / helmet / etc.
- Personal first aid kit (for discussion)
- Tent / .bivvy (If you would prefer to camp rather than sleep in the bunk beds at the Field Centre as there are plenty of camping spots nearby.)

Please note: there are no shops, bring everything you need.

