

Equipment List

2 Day Navigation Weekend

This equipment list is for the [MountainSphere 2 Day Navigation Training Weekend](#).

Item	Comments
Sleeping bag	The sleeping bag should be 3-4 season rated, or temperature rated to zero degrees Celsius.
Pack/Rucksack	Minimum volume 60L, or 55L at a pinch. Try to pack everything inside. Avoid loose items strapped to outside of pack. Foam mats can get scratched or torn if strapped on outside of pack. If you don't have one MountainSphere can lend you this item. Rent a 55L Wilderness Equipment backpack: \$30
Small tent	The campsite is in a sheltered location but may be occupied by other campers. A tent or shelter is therefore needed that offers protection from the elements. Minimal shelter would be a groundsheet plus tarp, however most people bring a lightweight 1 or 2 person tent. Rent a Big Agnes or Nemo 1 person tent (1.0 – 1.3kg): \$30
Sleeping pad	A foam mat can be purchased inexpensively from camping stores. Other options are Thermarest or Sea to Summit sleeping pads. There are many different models in the Thermarest range. The Thermarest NeoAir is the lightest for the amount of warmth, insulation, comfort and compactness.
Waterproof and windproof shell jacket	Can be lightweight.
Water bottle(s)	Enough to hold 3-4 litres is required. Nalgene bottles are recommended. Alternatively just take old soft drink bottles or used wine cask bladders.
Torch	A small head torch is ideal
Fleece or warm jumper	Depending on season
Thermal underwear	Top and bottom
Hat, sunglasses, suncream	
Walking shoes	For further advice on walking shoes, contact me directly

<p>Cooking and eating utensils:</p> <ul style="list-style-type: none"> • Billy or cookset • Plastic cup • Spoon • Pocket knife • Fork (optional) 	<p>Campfires will not be used in total fire bans, park fire bans, or if conditions are in any way unsuited to campfires.</p> <p>A "billy" is a small blackened aluminium pot which is used to cook over the fire. A cookset is a set of vessels for boiling water or cooking on a camping stove.</p>
<p>Small camping stove (optional)</p>	<p>We adopt a minimal impact approach to bushwalking so stoves are preferred over campfires and we will always adhere to park fire bans or total fire bans.</p> <p>Stoves may be shared, one between two. If you do not have, or don't bring a stove, you may either share mine or have me boil water for you.</p> <p>There are many types of camping stove. For this type of trip, a gas stove such as MSR pocket rocket or similar is the lightest, most compact, and easiest to use.</p>
<p>Food</p>	<p>Bring enough food for yourself for the duration of the trip. Normally everyone brings their own food unless specific arrangements to share food are made.</p> <p>You need to bring:</p> <ul style="list-style-type: none"> • 1 breakfast • 2 lunches • 1 dinner • Snacks
<p>Shirt and shorts or long pants for walking in during the day</p>	<p>Shorts or long pants? This depends on personal preference, and time of year or expected temperatures. Bear in mind that you will be walking through scrub which may be dense in places and therefore long pants are recommended. In the summer months or in hot weather, shorts are ok, though gaiters are highly recommended if hiking in shorts.</p>
<p>Gaiters (optional)</p>	<p>Gaiters for the lower legs provide protection against the low scrub and also from snakebite. Optional.</p>
<p>Additional warm clothes (depending on time of year):</p> <ul style="list-style-type: none"> • Beanie • Gloves 	<p>Check the weather forecast prior to the trip. The weather in May-September can be variable and cold weather is likely, especially at night. Ensure you have sufficient warm clothes for chilly evenings and mornings. Most likely not needed on trips in March, April and October.</p>

<p>A cheap and very light pair of sandals/thongs/crocs/flip flops for the river crossings. Optional.</p>	<p>We will be crossing a running stream on both days. The stream is a few metres wide and less than knee deep. I recommend just wading through with your shoes on but if you want to keep your hiking shoes and socks dry, you may change into a lightweight pair of footwear suitable for walking through water. These should be cheap and light as you will need to carry them the rest of the time.</p> <p>Please note that walking barefoot across the river is permissible, but not recommended due to the risk of hurting your feet or slipping.</p>
<p>Personal items:</p> <ul style="list-style-type: none"> • Toilet paper • Hand sanitizer gel • First aid 	<p>Keep to minimum. Do not use soap or anything that will pollute waterways. Hand sanitizer gel (that doesn't require water) is a good alternative to soap.</p> <p>First aid kit must include as a minimum:</p> <ul style="list-style-type: none"> • 1 x compression bandage (minimum dimensions 7.5cm wide x 2.3m long unstretched) • band aids • Antiseptic cream or betadine <p>Also recommended:</p> <ul style="list-style-type: none"> • Minor wound dressings/swabs • safety pins <p>For COVID-19 hygiene it is a requirement to wash or sanitise your hands frequently on the hike, and always before touching food or any group gear.</p>

<p>Toilet kit, in case we need to carry out our poo. This is not as bad as it sounds.</p>	<p>Detailed information about toileting is provided in your information packs and will also be explained during the trip. The below items in your toilet kit will enable you to carry out your poo, thereby maintaining leave no trace etiquette and being kind to our environment. MountainSphere strongly recommends you make this small contribution to protecting our wild camping environment for future generations.</p> <p>A toilet kit comprises the following:</p> <table border="1" data-bbox="584 424 2033 735"> <thead> <tr> <th>Item</th> <th>Approx Size</th> <th>Qty</th> </tr> </thead> <tbody> <tr> <td colspan="3">For each visit to the toilet you need:</td> </tr> <tr> <td>Sheet of greaseproof paper</td> <td>30cm x 40cm</td> <td>1</td> </tr> <tr> <td>Brown paper bag</td> <td>26cm x 20cm</td> <td>1</td> </tr> <tr> <td>Single use plastic bag, eg: zip lock bag or any old plastic bag</td> <td>25cm x 40cm</td> <td>1-2</td> </tr> <tr> <td colspan="3">Plus you need:</td> </tr> <tr> <td>Light drybag, eg: Sea to Summit Ultra-Sil Dry Sack</td> <td>8-15L</td> <td>1</td> </tr> <tr> <td>Hand sanitizer</td> <td>Small</td> <td>Enough</td> </tr> <tr> <td>Toilet paper</td> <td></td> <td>Enough</td> </tr> </tbody> </table>	Item	Approx Size	Qty	For each visit to the toilet you need:			Sheet of greaseproof paper	30cm x 40cm	1	Brown paper bag	26cm x 20cm	1	Single use plastic bag, eg: zip lock bag or any old plastic bag	25cm x 40cm	1-2	Plus you need:			Light drybag, eg: Sea to Summit Ultra-Sil Dry Sack	8-15L	1	Hand sanitizer	Small	Enough	Toilet paper		Enough
Item	Approx Size	Qty																										
For each visit to the toilet you need:																												
Sheet of greaseproof paper	30cm x 40cm	1																										
Brown paper bag	26cm x 20cm	1																										
Single use plastic bag, eg: zip lock bag or any old plastic bag	25cm x 40cm	1-2																										
Plus you need:																												
Light drybag, eg: Sea to Summit Ultra-Sil Dry Sack	8-15L	1																										
Hand sanitizer	Small	Enough																										
Toilet paper		Enough																										
<p>Compass</p>	<p>Each person should bring a compass for this weekend in order to gain the most benefit from what we will be learning. I can supply compasses at competitive prices or you can rent one for the weekend for \$15. Compasses can also be purchased from camping and outdoor stores or online.</p> <p>For information on what is the best compass to buy, see Section 7.2 of my navigation tutorial.</p> <p>Here is a price list for different models of compasses that I can supply for you:</p> <p>Rent a Silva Ranger for the weekend - \$15 Buy a Suunto A-30: \$50 Buy a Silva Ranger: \$55 Buy a Silva Ranger S with mirror: \$85 Buy a Suunto M-3 Global: \$100 Buy a Suunto MC-2 Global with mirror: \$140</p>																											
<p>Topographic Map of the area we will be walking in.</p>	<p>You will need a topographic map of the area that we will be walking in. Details of which map you need will be sent to you once I receive your application. You can either bring your own copy of this map or purchase one from a supply I will bring with me at a cost of around \$22. Maps supplied by me are printed on durable laminated and weatherproof paper. The maps are about 1.1m x 0.6m in size.</p>																											

Pencil	Useful for drawing bearings and marking the route on your map.
Money	For your personal expenses travelling to and from the start point. Payment for the trip is required in advance, however you may purchase maps, compasses and other gear on the day for cash.
Whistle	A whistle is an important safety item for attracting attention in an emergency or in the unlikely event that you become separated from the group. Some backpacks come with a whistle built in or attached. These are often too small and feeble for a genuine emergency. Bring a separate pealess whistle if you have one. If you don't have one, MountainSphere can supply one for you for the trip. Recommended brand: Fox 40 Sharx Pealess Whistle
Course Notes (Not required – optional)	I have written an online navigation course and on the weekend you will be putting these course notes into practise. A printable PDF version of this online material is also available. Please be advised that this document is more than 55 pages long and it is not necessary for you to print and bring these notes with you on the weekend as it is a hiking trip focused on applying these skills in a practical way. You do, however, have the option to print selected pages to serve as a set of "cheat sheets" to help you remember the techniques you will be putting into practise on the weekend. The best pages to print are pages 34-41 (8 pages in total). You may also wish to print "The Back Page" (pages 54 and 55). Printing these pages and bringing them with you is optional
Proof of COVID vaccination	It is mandatory until at least 1st December 2021 that all clients and staff attending any MountainSphere trip be fully vaccinated with at least 2 doses of a TGA approved COVID vaccine. You will need to provide proof of vaccination before attending the trip. The NSW Government health orders and rules concerning COVID vaccination will be adhered to, and if those rules mandate vaccination then those rules will apply to everyone attending this trip. Where government health orders do not mandate vaccination, MountainSphere Adventures nevertheless strongly encourages everyone attending to be fully vaccinated. For more information about COVID and how to provide proof of vaccination, please refer to the NSW Government website .
Avenza Maps mobile phone app	The Avenza Maps mobile phone app can be downloaded from your app store. This is a GPS app that is useful for navigation. This is optional.