

# Packing list

## Introduction

If this is your first time to the chalet (ever, or for a while), you should aim for a pack weight of under 12kg, with an absolute max of 14kg. In addition to this, you will also need to carry *at least 1kg of water and then also communal food for the week*. This will make your pack noticeably heavier – hence the low target weight.

*Note: Any items listed are mandatory/strongly encouraged unless marked as optional.*

## Packing notes

- Don't tie anything to the outside of your pack – the one exception may be a day pack if well strapped on (and nothing inside it)
- Keep heavy items at the middle (or bottom) of your pack, and closer to your back
- You will need extra space for communal food for the week, leave approximately five litres of space
  - o If possible, keeping this food lower down and closer to your back is preferable for balance
- Ensure items you will use frequently, or in a hurry, are accessible:
  - o Keep warm gloves near the top
  - o Ensure your shell layers (jacket and pants) are accessible if weather changes, or can easily be put away if you get too warm
  - o Keep a warm jacket near the top to put on when having breaks
  - o Keep your water bottle somewhere you can access
  - o Keep your scroggin accessible – keep some in your pocket
  - o Sunscreen – sun reflected off snow is extra intense, so slip slop slap! And reapply!

## Friday night/Saturday morning

### Introduction

Friday night we stay at a community/Scout hall in Towonga or Mt Beauty.

You want to be able to leave everything you use Friday night in the cars on Saturday morning because this allows you to have a fully packed bag for the trip up, and means that Saturday morning can be stress free. This isn't mandatory, but is certainly nicer.

Be prepared for the hall to be cold/cool.

### List

- Bag – to store any unused items during the week
- Sleeping mat
- Pillow
- Sleeping bag – a second one is preferable (but not mandatory) as it means your main one can be in your pack ready to go
- Breakfast for Saturday
  - o *You must eat a nutritious meal to fuel yourself for the trip in*

- Don't forget water to be well hydrated before we start – the more you drink before you start, the less you need to carry – but don't skimp on what you carry
- Lunch for Saturday
  - *You must eat a nutritious meal to fuel yourself during the trip in*
- Ear plugs – not mandatory, but people do snore
- Eye mask – not mandatory, but people do turn lights on when they arrive
- A change of clothes for the final Saturday trip home

## Gear

### Introduction

Don't forget you can hire or borrow things, it's not necessary to buy everything/anything.

### List

- Pack
  - 50-60L is a good target size, if it's larger ensure you don't fill it
  - Ensure it has a waterproof cover that won't blow away in wind, also waterproof the inside (e.g. using garbage bags)
  - Needs to have a functional harness (waist belt and chest strap)
  - Try it on and ensure it fits well
- Skis – more details are available on [bogongroverchalet.org.au](http://bogongroverchalet.org.au)
- Stocks/poles – more details are available on [bogongroverchalet.org.au](http://bogongroverchalet.org.au)
- Boots – more details are available on [bogongroverchalet.org.au](http://bogongroverchalet.org.au)
- Ski leashes – these are really important as they stop your skis from disappearing
- Water bottle – at least one litre. If using an insulated one, then filling it with warmed water is nice
  - Be cautious with bladders as they may freeze (e.g. the hose)
- Whistle
- Map and case
- Compass
- UHF radio – optional but recommended, don't forget a lightweight charger and/or batteries
- PLB – if you have access to one, it's a good emergency item to have. It would be your personal responsibility
- Space blanket and chemical warmers
- Personal first aid kit
  - Blister supplies
- Emergency toilet paper
- Scroggin/snacks – these are important to keep your energy up. 500g is a good guide if unsure
- Head torch – don't forget spare batteries or a charger
- Lighter/matches – waterproof
- Daypack
  - 20-30L, light weight, with rain cover. At least 20L
  - Consider saving weight by using your main pack as a day pack – if doing this you'll need another bag to keep your items neat in the chalet, e.g. a sleeping bag storage bag
- Gaiters – good idea, but generally not necessary with high cuffed plastic boots. Very necessary with low cuffed boots

- Whiteout cord - flouro brick layers cord is good
- Ski helmet – optional, but recommended. We strongly recommend wearing a helmet if using the tow. They're also cosy and warm
- Sitting pad – e.g. an offcut from a foam mat, or an inflatable one
- Liquid glide wide – very optional, but nice to have in sticky snow
- Ski/binding repair kit – may be coordinated with the whole winter week, confirm as a party
- Ski straps – e.g. Voile straps (or similar), very optional, but useful – e.g. if you need to put your skis on your pack (or carry them by hand), these can be useful for strapping them together
- Pocket knife/Leatherman/multitool

## Clothing/inside stuff

### Introduction

There is a washing machine and it will be run daily. There is also a drying room. Clothing wise, less is more! Washing power is provided.

Don't forget, we have merch in the chalet too – get yourself a new jumper, and no need to ski it in! 😊

***You must not bring cotton or denim.***

### What you'll wear

- 1 x Thermal top
- 1 x Thermal legs
- 1 x Underwear
- 1 x Ski socks – again, not cotton
- 1 x Mid layer – e.g. fleece or merino jumper

### What you may wear depending on conditions – needs to be accessible

- 1 x Ski touring/rain jacket
  - o Avoid insulated downhill ski jackets, they're not good for layering and become impractical for touring as they are too warm
  - o Look for Gore-tex, eVent, or other equivalents
  - o A hood is necessary
- 1 x Overpants
  - o Avoid insulated downhill ski pants, they're not good for layering and become impractical for touring
- 1 x Modesty shorts for over thermals on tours – optional
- 1 x Warm jacket/layer – e.g. a down jacket
- 1 x Beanie or balaclava
- 1 x Sun hat – consider a cap in addition to a bucket style hat, as a cap fits under a hood
- 1 x Pair warm ski gloves/mittens – e.g. downhill style. Even in warmer conditions these should be accessible for rest breaks
- 1 x Pair touring ski gloves – similar to running gloves, your hands can get warm while touring
- 1 x Sunglasses – the more coverage the better. Cycling style sunglasses are a good option
- 1 x Low contrast/clear sunglasses – optional, but nice to have as eye cover when it's dull
- 1 x Goggles – recommend, they're nice for rest breaks. Most people don't tour in goggles, but some choose to

- 1 x Buff/neck warmer – suggested but optional, merch available at the chalet. Good for sun and wind
- 1 x Extra mid layer – ensure you have good layering options

List (in addition to above – what will be in your pack)

- 1 x Sleeping bag – doesn't need to be too warm, 0 degrees is usually plenty (unless you know you run particularly cold)
- 1 x Sleeping bag inner sheet – optional
- 1 x Single mattress fitted sheet – this is mandatory
- 1 x Pillowcase – this is mandatory
- 1 x Pyjamas – it's a communal environment, and the trip to the bathroom is cold
- 1 x Comfy pants – can wear your pyjamas or shorts if you want to save some weight (although shorts may be a tad chilly)
- 2 x Comfy top/t-shirt
- 3 x Underwear
- 1 x Extra bra – as required
  - o Sports bras are suggested
  - o Underwire free is better for the washing machine
- 3 x Ski/outdoor socks again, not cotton
- 2 x indoor/comfy socks – optional but nice
- 1 x Spare Thermal top
- 1 x Spare Thermal legs
- 1 x Scout uniform – shirt and scarf
- Toiletries – absolute minimal
  - o 1 x Small travel soap – not optional 😊
  - o 1 x Small travel shampoo/conditioner – optional
    - Consider solid alternatives for weight and to avoid leakage
  - o 1 x Toothbrush
  - o 1 x Small travel toothpaste
  - o 1 x Small deodorant
  - o 1 x Shower cap – optional, if you use one normally
  - o Periods items – e.g. Tampons, pads, menstrual cup, etc
  - o 1 x Tiny portion of moisturiser for sunburn and similar
  - o Hair ties – if needed
- Personal medical/care/first aid needs
- Sunscreen for the week
- Lip balm – for sun and wind protection and repair, more SPF is better
- 1 x Hike towel
- 1 x Pair of closed toe shoes/slippers for the chalet – also used if you need to walk any of the trip to/from Falls Creek in preference to ski boots (which can be blister magnets)
- 1 x Phone charger and cord
- *Over 18 weeks only:* Up to 1.5kg of alcohol, move anything glass into a plastic bottle
- Ear plugs – not mandatory, but people do snore
- Eye mask – not mandatory, but people do turn lights on and off – and the sun can be glary in some rooms

- 5 x Rapid antigen tests – in case of COVID, the combo tests (flu, etc) are preferable if possible
- 1 x Mask – in case of COVID
- Party night costume – keep it light weight
  - o If your pack is getting too heavy, leave it behind
  - o Some little props can be used to jazz up some normal clothes

#### What not to bring

- Books – there's a library of books in the chalet
  - o E-readers are a much better option if you have something you're actively reading
- Soft drink
  - o You may choose to bring some soda stream flavours if you're well under the weight limit
  - o There's plenty of cordial, including sugar free
- Glass bottles – you need to carry them back out, as glass can't be left at the chalet
- Hair drier
- Hair straightener
- Makeup
- Pillow
- Full sized towel
- Driza-Bone
- The use of sleds (rather than a pack) is prohibited
- Downhill jacket/pants
- No more than one pair of spare shoes/slippers