

# The Urban Challenge

## EQUIPMENT LIST

The following is a recommended equipment list for students attending The Urban Challenge.

Please note items in bold are essential for your well-being.

Wear comfortable clothes - no singlet tops or short shorts.

While completing the challenge you will be staying in youth hostels each night - linen, pillow cases and blankets are supplied.

Gear should be packed in a back pack (your school backpack or rucksack of similar size). Shoulder bags and suitcases are not suitable.

It is important to pack minimal gear as you will be carrying your backpack each day throughout the Challenge.



- > **Rain jacket** - Essential and must be waterproof.
- > **Footwear** - Shoes that are sturdy and comfortable for walking all day. Thongs may be brought to wear in the shower.
- > **Sun hat** - Compulsory. We recommend a soft hat with a wide brim or peak and cape.
- > **Water bottle** - Must be refillable and at least 600ml.
- > Long sleeve shirt & long pants - For sun protection and evening warmth.
- > Polo shirts or T-shirts.
- > Jumper/fleece - Not too bulky.
- > Socks & underwear - One set for each day.
- > Tracksuit/PJs - To sleep in.
- > **1 pack towel - We will supply a pack towel for all students do not bring any other towels.**
- > Swimming costume - You may have the opportunity to swim throughout the Challenge.
- > Water shoes - Enclosed footwear suitable for water activities (eg: aqua shoes, canvas shoes)
- > Head torch - This may come in handy where you are staying.
- > Toiletries - Don't go overboard as all items have to be carried.
- > Sun screen - Bring a small tube.
- > 2 large garbage bags - For wet gear and waterproofing .
- > **Student ID** - You will receive a student OPAL card for the duration of your Urban Challenge - you will need ID in case your card is checked by an inspector.



**Medications:** All medications should be listed on the medical form supplied by the school.

**Food:** Please do not bring any sweets or junk food to The Urban Challenge - there will be plenty of meals to keep you going.

**Valuables:** Please do not bring the following - mobile phones, your own money, electronic games, iPods, expensive jewellery as we are not responsible for lost items.

**Contacts:** For general enquiries call our Sydney office on 02 9483 9333 during business hours. If after hours contact is required, please call the office line for the listed number for your program.