

Great Vic Bike Ride: suggested gear list



The Great Vic Bike Ride includes cycling and camping; activities which are enjoyable and fun, but not always easy. Students may encounter circumstances which are challenging, and require them to 'step out of their comfort zones'. These skills may relate to a physical skill, or how to assert personal needs when working as part of a group, or simply living under canvas for a few days. Active participation and a positive attitude will bring success and personal satisfaction together with a lot of fun and enjoyment.

Note that the Great Vic (3 day) program is fully outdoors based, and we will need to be prepared for whatever weather conditions exist on those days. Each student must have the following items: bike, cycling clothes, puncture repair kit, lights, helmet, glasses, rain jacket, full water bottle, sunscreen, hat for camp, a wind/rain jacket, warm layer, tent, sleeping bag, overnight (camp) clothes.

Please note that all meals from Thursday evening onwards are provided by the Bicycle Network (Great Vic). Bicycle Network do provide snacks on the route, but students may prefer to bring their own cycling snacks such as muesli bars and bananas. Students with special dietary needs should contact the Director of Outdoor Education and discuss individual management plans.






Equipment List



- Use the following list to help you to prepare for the Great Vic.
- Further explanation about these items can be found in the following pages.
- You can use this page while you are packing and tick off the items as you put them in your bag.

| THE ESSENTIALS | PACKED |   |
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| Sports Bag (Or Pack) Large enough for all gear | | |
| Bike bag (e.g. saddle bag with tools, tubes etc.) | | Packing Hints: |
| Sleeping Bag | | |
| Sleeping inner sheet (Keeps sleeping bag clean) | | <ul style="list-style-type: none"> ▪ Use your sports bag or a similar bag to bring most of your gear to and from the camp. |
| Sleeping Mat (Small camping style / not large or bulky) | | |
| Cycling Rain/ W i n d Jacket | | <ul style="list-style-type: none"> ▪ Pack your sleeping bag and mat in your bag. |
| Cycling clothes (for 3 days) | | |
| Cycling shoes (optional shoe covers) | | <ul style="list-style-type: none"> ▪ Be actively involved in organising and packing for the camp so you know what is in your pack, how it is organised and what you are responsible for. |
| General Camp Clothes: shorts, top, socks, underwear | | |
| Warm Outer Layer (2 by fleece or woollen jumpers) | | |
| Warm Inner Layer (e.g. thermal tops) | | |
| Warm Inner Layer (e.g. thermal bottoms) | | |
| Swimming Trunks (Board Shorts) & Towel | | |
| Hat (<u>wide-brim</u> / <u>neck protection</u>) | | |
| Beanie or warm hat (for night use) | | |
| Personal Toiletries | | |
| Torch / Headlamp | | |
| Eating Utensils | | |
| Sunscreen | | |
| Cycling glasses (Sunglasses) | | |
| Water Bottles (2 – one bike specific) | | |
| Pen and pencil | | |
| Insect repellent – roll on or gel (no aerosols) | | |

Detailed Equipment Description

Please clearly label clothing and personal gear with the owner's name.

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| <p>How to Carry Everything to and from the Camp</p>  | <p>➤ A large duffel bag (<i>clearly labelled with your name</i>) makes an ideal bag for most of the gear you bring to the program.</p> <p>This bag or a similar bag plus your day pack should be able to carry your gear for the week.</p> <p>Your sleeping bag and mat should be carried in your bag, not as separate attachments.</p> |
| <p>Sleeping Bag</p>  | <p>➤ Good quality feather down, or synthetic 'Dacron' or 'Hollofil' bags (these can be hired if you do not have one that is suitable)</p> |
| <p>Rainwear</p>  | <p>➤ A good quality rain jacket in an absolute necessity on each camp. You may bring the jacket you purchased for a previous camp, or may bring a cycling specific jacket.</p> <p><i>These give protection against <u>rain and wind</u></i></p> <ul style="list-style-type: none"> ▪ jackets must be waterproof and have a waterproof hood ▪ suitable materials include proofed nylon or japara ('oilskins') ▪ rain jackets can be hired <p><i>Padded ski parkas and nylon spray jackets are not suitable!</i></p> |
| <p>Cycling gear</p> | <p>➤ Cycling shoes (for your cleats)</p> <p>➤ Puncture repair kit (2 tubes), levers, pump and tools</p> <p>➤ Lights front and rear for any road riding sections.</p> <p>➤ Layers including wind/waterproof top layer</p> <p>➤ Bib shorts (recommended) and Trinity cycling top</p> |
| <p>General Clothing</p> | <p>➤ T-shirts, shorts, underwear and socks (including a woollen pair) sufficient for the three days. <u>No singlets and sleeveless tops please.</u></p> |
| <p>Long-sleeved shirt (ESSENTIAL) With a collar</p>  | <p>➤ Or a long-sleeved Polo-shirt</p> <p>o <i>Your shirt must have <u>Long Sleeves and a Collar</u></i></p> <p>Essential for sun protection and for protection against mosquitoes and other biting insects.</p>  |
| <p>Long pants</p> | <p>➤ Loose, track suit style. <u>Not denim jeans.</u></p> |

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| Warm pants | ➤ Fleece pants, thermal underwear ('long-johns') or wool are suitable. |
| Warm outer layer | ➤ Long sleeves. Fleece jackets or a woollen jumper are suitable. |
| Warm inner layer (thermal underwear) | <ul style="list-style-type: none"> ➤ 2 sets of thermal underwear (top and bottom) ➤ To be worn in all water activities. ➤ Boys who have a wet suit may bring it in addition to the thermal top. |
| Hat (this is very important) | <ul style="list-style-type: none"> ➤ A wide brim hat or legionnaires type cap is recommended for sun protection at the campsites.  |
| Beanie | ➤ Excellent for wearing at night while camping out – it reduces heat loss and keeps your whole body warmer |
| Toilet items | ➤ Do bring your toothbrush, toothpaste, soap, deodorant and comb |
| Torch | <ul style="list-style-type: none"> ➤ A headlamp or hand torch that works. ➤ It should be a small one with spare batteries. |
| Eating Utensils | <ul style="list-style-type: none"> ➤ Cutlery set plus a plastic bowl and mug (not disposable ones). <ul style="list-style-type: none"> ▪ Bowl - e.g. a small kitchen food container with a lid is excellent. ▪ Mug - one that has a lid are very useful. ▪ A flat plate is optional. |
| Sun Protection | <ul style="list-style-type: none"> ➤ Sunscreen (Recommended SPF 50+) and lip protection (e.g. Blistec, Lip-Eze, Chapstick) ➤ Cycling sun protection (e.g. SPF50 arm covers) |
| Insect repellent | ➤ Lotion, cream, pump pack or roll-on. DO NOT BRING aerosol spray cans. |
| Sleeping Mat | <ul style="list-style-type: none"> ➤ Closed-cell foam or inflatable Thermarest styles. <u>(li-los are not suitable).</u>  |

Water Bottle



- Recommended 2 × cycling specific water bottles on your bike.
- 'hydration packs' with a drinking tube are also OK
- Identify your water bottles with your name.

Sunglasses

- Remember a securing strap.
- You do not need to bring an expensive pair – just a pair that will protect your eyes.

OPTIONAL ITEMS COULD INCLUDE:

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| Pillow | Small and MUST fit inside your bag, otherwise a sleeping bag cover or pillow case filled with spare clothing will suffice. |
| Track-suit, wind-cheater | For wearing if the evenings are cool and for mosquito protection. |
| Camera / Phone / Powerbank | Make sure you have fresh batteries or a power bank as charging facilities are not available. |

PARENTAL CONSENT and MEDICAL CONSIDERATIONS

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| Online Parental Consent | Please access Trinity Connect and click the approve button to provide consent for you son to attend the camp. |
| Medications | Trinity and Outdoor staff must be aware of all medications and medical conditions. Please update the online medical summary on Trinity Connect. |
| Asthma | Please bring a spare puffer in case the first is lost or misplaced. |
| Eyeglasses | Use a securing strap to prevent glasses being lost in water activities. |
| Hay Fever /Travel Sickness | Susceptible students need to prepare for this. |
| Questions | First contact your son's Form Teacher or the Head of Year for general questions. Specific details contact the Director of Outdoor Education |

Hiring Options

Sleeping bags, rainwear (and other camping gear) can be hired from outdoor/camping stores. A selection of stores is listed in the separate Gear Hire Information Sheet.

Specific Equipment Considerations for Great Vic

At this time of year in country Victoria, extra care is needed concerning fire and personal protection from the sun. Days of high fire danger and total fire bans can be expected. In view of this, **do not bring matches or lighters.**

Sun protection including sunscreen (recommended SPF 50+), cycling glasses or sunglasses are essential. Consult the equipment list for other items.

Insect repellent (lotion, cream, pump pack or roll-on) as flying insects and particularly mosquitoes may be around the campsites. Loose fitting long pants and a shirt with collar and long sleeves are useful to keep insects away as well as mosquito repellent cream or lotion.

Remember that the Great Vic is based in the outdoors and that means sleeping in tents each night.

Items to leave behind

Do not bring aerosol sprays of any description. Personal deodorants and insect repellent should be in the form of creams, gels, roll-on or pump packs.

Throughout the entire Trinity Sports and Outdoor Education program at all year levels, all illicit products are totally out of place. Please refer to the **Student Code of Conduct**.

Pocket knives, hatchets and matches are banned from the camp.

LUNCH ON THURSDAY

Students depart after lunch on Thursday. Please supply a packed lunch or purchase lunch from the cafeteria before departing.

All remaining meals are provided by Bicycle Network (Great Vic) from Thursday evening onwards.

Transport

Boys should bring their kit and bikes to the CFA (Charles Street) to meet the bus at 1300 on Thursday. They will load the bike trailer before departing.

Parents collect students from Healesville at 1200 on Sunday 1 December.