

Personal Requisites for Practicum Placement and Work Experience

The below lists are designed for students staying overnight at Outdoor School, if you are not staying overnight while undertaking your placement please bring aquatics gear and a change of clothes each day.

For overnight stays

1. Clothing

- Long pants (tracksuit, jeans)
- Windcheaters
- Shorts
- Aquatics clothing e.g. Bathers
- Gloves
- Sun hat
- Beanie
- Track shoes/runners/water shoes suitable for canoeing
- Long sleeve warm shirts or thermal tops
- Woollen or 'polar-fleece' jumper
- T-shirts
- Complete changes of underwear
- Socks (thick)
- Sleepwear/pyjamas
- Warm parka or jacket

2. Linen/bedding

- 1 Sleeping bag
- 1 pillow
- 2 towels

3. Other items

- Sunglasses & Sunscreen
- Drink bottle
- Torch
- Personal medical requirements

4. Toiletries

- Soap, toothbrush, toothpaste, comb, hairbrush, face washer

5. Optional Items

- Camera, insect repellent, sunglasses

Note

- This lists is designed for students staying overnight at Outdoor School, if you are not staying overnight while undertaking your placement please bring aquatics gear, shoes suitable for canoeing and a change of clothes each day.
- If you placement is late term 2, term 3 or early term 4 (possible winter conditions), you should make sure that extra warm clothing is brought to 15MC .
- 15 MC will supply all food requirements.
- Outdoor School is a SunSmart School. You are encouraged to wear a hat and clothing with long sleeves and collars that are made from closely woven fibre, to wear suitable sunglasses and to apply at least SPF15 broad spectrum water-resistant sunscreen.
- Waterproof jackets and over pants, lunch box and day-packs can be provided to you if needed, all specialist equipment is also provided.
- Mobile phones: There is no mobile telephone coverage at 15 Mile Creek. During office hours the telephone number at 15 Mile Creek is 03) 57666 247 and after hours contact is in the kitchen on 03) 576 6137, please give these numbers to your emergency contacts for the duration you are at our school.
- As a health precaution we advise visitors not to bring aerosol propellant cans e.g. deodorant sprays.

If your practicum placement or work experience has an overnight bushwalk (please check with 15 Mile Creek pre-commencement of your placement) in the program then the items on the Personal Student List below need to be brought to 15MC.

Bushwalking & Camping Clothing & Equipment List		
Personal List <i>Supplied by Practicum or Work Experience Students</i>	Individual Student List <i>Supplied by Outdoor School</i>	Group List for pairs <i>Supplied by Outdoor School</i>
<ul style="list-style-type: none"> • Thermal Underwear <ul style="list-style-type: none"> - long johns - top • Warm Jumper x 2 (Polartec or Woollen) • Long Sleeved Shirt (not cotton) • long pants • Tracksuit Pants – 1 pair (To sleep in) (Synthetic type OK) • Gloves • Socks – 3 pair (Woollen/Synthetic mix) • Underwear • Beanie • Peaked Cap/Sunhat • Sunglasses • Sunscreen & Lip Balm • Plastic bags x 4 (30cm x 30cm) • Waterbottle • Small Torch - spare batteries • Personal Medication • Camera 	<ul style="list-style-type: none"> • Rucksack • Rucksack Liner • Sleeping Bag • Sleeping Bag Liner • Thermarest Mat (for sleeping) • Waterproof Jacket • Waterproof Overplants • Mug • Plate • Bowl • Knife, Fork, Spoon 	<ul style="list-style-type: none"> • Tent & Fly • Pegs • Stove • Fuel Bottle • Waterproof Matches • Water Bag • Toilet Paper • Food Bags • Food supplies