



23/01/2021

## Mt.Stirling Alpine Camp PROVISIONS & SUGGESTIONS

### Basics Provided:

- Water – 2 x 20lt containers of drinking water provided. There is also a rainwater tank attached to the Kitchen Shelter at the Cricket Pitch from which containers can be refilled. Please fill containers in the afternoon and please ensure tank is turned off after use. Water is often frozen in the morning.
- Eating, cooking utensils and gas cook stove are provided.
- Tea, Coffee and Milo are provided.
- Tea Towels and wash up liquid is provided.
- Camp Bunks have a sleeping mat and blanket provided.
- There is a hand sanitizing station in each accommodation tent, the Tepee and Kitchen.

### Personal Gear List: (Guests/Student are required to carry this equipment)

- Warm layered clothing (including thermals).
- Warm sox
- Waterproof Gloves, Beany, Sun Glasses or Snow Goggles.
- Sun Screen
- Personal Water Bottle & Torch
- Sleeping Bag (at least -10C rated, preferably a 4 season -15C rating)
- Camp food
- Mid Size Back Pack (no suit cases or duffel bags please)

### Suggested Camp Food:

- Powdered Milk (or Long Life), Margarine, Sugar, Cooking oil.
- Breakfast Cereal, Porridge Sachets, Pancake Mix etc.
- Wraps, salami, cheese, single soup sachets.
- Dehydrated dinner packets, rice, spaghetti etc
- If bringing bolognaise spaghetti sauce get your butcher to cryovac into half kg packs

Try to avoid cans, bottles and weighty items etc. There is a range of pots, pans, cooking and eating utensils, plates & mugs plus gas stoves in the camp. Students do not need individual stoves or utensils. Keep weight to a minimum and spread between group members. This is a ski tour, so all items should be carried into camp in your back packs.

For catering purposes, the best plan is to organise yourselves into catering groups of 4 to 8 one or two accommodation tent groups), individual food purchasing generally results in massive over-catering and lengthy food preparation times. Team catering is best and should be discussed and carefully planned before your shopping expedition.

Have Fun and enjoy the experience.

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