

Bogong High Plains Winter Packing List

Clothing

- Gortex parka
- Gortex overpants
- Thermals
- Shorts
- Woolen socks x 3
- Jox x 3
- Skins
- Bike top
- Warm hat
- Cap
- Ear warmers
- Gloves
- Wind-stopper vest
- Polar fleece
- Gortex booties
- Camping Slippers
- Gaiters
- Woolen T-Shirt
- Goose-down jacket
- Sunglasses

Ski Gear

- Skis
- Boots
- Stocks
- Gear bag
- Ski Wax/Teflon fluid

Equipment

- Knife/Multitool
- Matches & Firesteel
- Head torch
- Spare batteries
- Space Blanket
- Camel back
- Day pack
- Compass
- GPS with topo maps
- Topographic Maps
- Advanced medical kit
- Gaffer tape
- Needle & Thread
- Cord
- Firelighters
- Micro fiber towel
- Toiletries: soap, deodorant, toothpaste, toothbrush
- Toilet paper
- Mobile phone
- Watch
- Winter rated sleeping bag
- Sunscreen

- Rucksack
- Kindle
- iPod
- Winter Tent
- Thermarest sleeping pad
- Stove
- Fuel bottle with shellite
- Titanium cookware
- Titanium mug
- Titanium cutlery
- Satellite emergency messenger beacon

Radio Gear

- VX8R, antenna, adaptor, GPS mic
- KX3, adaptors, mic
- Lithium ion batteries
- 20W folding solar panels
- VHF/UHF verticals
- HF dipole
- Coax lead and mini-balun
- Spare fuses
- Power cables
- Adaptors

Car Gear

- Change of clothes
- Chains
- Alpine diesel fuel
- Shovel
- Snow retrieval gear

Food for five days

- **Breakfast**
 - Porridge, dried fruit, powdered milk
- **Lunch**
 - Mountain bread, margarine, salami, cheese, vegemite, tuna, dried fruit, nuts
- **Dinner**
 - Spaghetti bolognese and pasta
 - Rogan josh and couscous
 - Mongolian Pork and noodles
 - Alfredo pasta
 - Cuppa Soups
 - Desserts: Instant pudding, chocolate, custard powder
 - Scotch, Port, Drambuie
- **Snacks**
 - Chocolate, tea, coffee, milo, nuts, dried fruit