



Bush Orienteering Event Packing List

Here's a packing list for an orienteering event in the bush:

Essential Gear

- **Compass:** For navigation.
- **SI stick:** For electronic timing.
- **Whistle:** For emergency signaling.
- **Watch:** To keep track of time.
- **Control Description holder:** For easy reference.

Clothing

- **Lightweight, Long-Sleeve Shirt and Pants:** For protection against the sun, undergrowth and insects.
- **Hat and Sunglasses:** For sun protection.
- **Trail Shoes:** With good grip.
- **Socks and Gaiters:** Preferably moisture-wicking and extra pairs.
- **Rain Jacket:** In case of unexpected weather changes.
- **Change of clothes:** For after your run.

Safety and First Aid

- **Sunscreen:** High SPF for sun protection.
- **Personal medications:** Such as EPIPEN or asthma medication
- **First Aid Kit:** Including bandages, antiseptic wipes, and any personal medications.

Food and Hydration

- **Water Bottles or Hydration Bladder:** Ensure you have enough water.
- **Reusable cup**
- **High-Energy Snacks:** Such as nuts, energy bars, and dried fruit.
- **Packed Lunch:** Depending on the duration of the event.

Additional Items

- **Backpack:** Comfortable and with enough capacity for your gear.
- **Chair:** To sit on before and after your run.
- **Trash Bag:** To carry out any waste.
- **Camera or Smartphone:** For photos and emergency communication.
- **Trekking Poles:** Optional, but helpful for rough terrain.
- **Pen/Pencil and Notepad:** For taking notes or marking your map after your run.
- **Extra Batteries or Power Bank:** For your electronic devices.
- **GPS Device:** Optional, but useful for backup.

Happy orienteering! ☐☐