

## CAMPS CLOTHING AND EQUIPMENT LIST

All the items listed below are important and must be brought. Only the essentials are needed and these must be light and warm. This is a minimal gear list for the program.

### Clothing

| Quantity       | Item  | Check                    |
|----------------|---|--------------------------|
| 1              | Sturdy Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in)  | <input type="checkbox"/> |
| 1              | Night time shoes (Something comfortable for indoors activities)   | <input type="checkbox"/> |
| 1              | Water shoes (Old runners are great – no thongs)   | <input type="checkbox"/> |
| 1 pair per day | Underwear   | <input type="checkbox"/> |
| 1 pair per day | Socks – “Explorer” type socks are highly recommended  | <input type="checkbox"/> |
| 1              | Bathers (no bikinis)  | <input type="checkbox"/> |
| 2              | Thermals – Wool or Synthetic, not cotton  | <input type="checkbox"/> |
| 2              | Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS  | <input type="checkbox"/> |
| 2              | Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS  | <input type="checkbox"/> |
| 2              | Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible   | <input type="checkbox"/> |
| 2              | Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS   | <input type="checkbox"/> |
| 2              | Fleece or Wool jumpers – Thick and Warm – No cotton jumpers<br>Puffa jacket or non-bulky warm coat may be substituted for one of these jumpers*<br>*please remember this all has to fit inside a rucksack | <input type="checkbox"/> |
| 1              | Broad Brim Sun Hat  | <input type="checkbox"/> |
| 1              | Beanie  | <input type="checkbox"/> |

\*NO COTTON – NO AEROSOLS – NO NUTS\*

## Equipment

| Quantity | Item   | Check                    |
|----------|--|--------------------------|
| 1        | Sleeping Bag – Synthetic or Down. Comfort rating to 0 degrees or below                             | <input type="checkbox"/> |
| 1        | Fitted sheet for a single bed  | <input type="checkbox"/> |
| 1        | Pillow and Pillow Case   | <input type="checkbox"/> |
| 2        | Towels – One for showers and one for water activities  | <input type="checkbox"/> |
| 1        | Small day pack – to carry rain gear (OEG provided), drink bottle, snacks, personal medications etc | <input type="checkbox"/> |
| 3        | Orange “Multix” brand Garbage Bags – For waterproofing during campout                              | <input type="checkbox"/> |
| 3        | Green or black garbage bags – large  | <input type="checkbox"/> |
| 2        | 1 Litre Water Bottles  | <input type="checkbox"/> |
| 1        | Head Torch and spare batteries   | <input type="checkbox"/> |
| 1        | Large bowl   | <input type="checkbox"/> |
| 1        | Mug  | <input type="checkbox"/> |
| 1        | Strong Fork and Spoon  | <input type="checkbox"/> |
| 1        | Strong plastic bowl – large  | <input type="checkbox"/> |
| 1        | “Scotchbrite” style Green Scourers   | <input type="checkbox"/> |
| 1        | Chux Cloth   | <input type="checkbox"/> |
| 1        | Tea Towel  | <input type="checkbox"/> |

## Personal Items

| Quantity | Item   | Check                    |
|----------|--|--------------------------|
| 1        | Roll of toilet paper (double bagged in two snaplock bags)                      | <input type="checkbox"/> |
| 1        | Personal 1st aid kit (e.g. bandaids, roller bandage and strapping tape)        | <input type="checkbox"/> |
| 1        | Toothbrush & paste, hairbrush, deodorant (no aerosols)                         | <input type="checkbox"/> |
| 1        | Insect Repellent (20% DEET is good) (no aerosols)                              | <input type="checkbox"/> |
| 1        | Sunscreen, zinc, lip balm  | <input type="checkbox"/> |
| 1        | Labelled personal medications  | <input type="checkbox"/> |
| 1        | Feminine hygiene – pads & tampons and handwipes (waterproof in a snaplock bag) | <input type="checkbox"/> |

## Optional

- ▶ Long sleeved rash vest
- ▶ Down Jacket or Vest
- ▶ Neck warmer, buff or scarf – Not cotton
- ▶ Warm gloves (Not cotton)
- ▶ Camera in two plastic bags
- ▶ Diary/journal for writing (including a pen)

