

## CAMP PACKING LIST – 4 day

PACKING LIST		
<b>CLOTHING</b>		
3 x T-shirts		<input type="checkbox"/>
2 x warm jumper	Wool or polar fleece as they'll stay warm if wet.	<input type="checkbox"/>
1 x shorts		<input type="checkbox"/>
2 x long pants	For cool weather or at night	<input type="checkbox"/>
Underwear	1 pair per day, plus one extra	<input type="checkbox"/>
Socks	1 pair per day + one extra. Thick woollen socks are great.	<input type="checkbox"/>
Pyjamas	1 set	<input type="checkbox"/>
Hat	Wide brim please.	<input type="checkbox"/>
Sturdy enclosed shoes	For walking, running, climbing and hiking.	<input type="checkbox"/>
Shoes (spare)	Fully enclosed shoes for wet/muddy activities.	<input type="checkbox"/>
Water clothing	Quick dry material top and shorts (bathers can be worn underneath)	<input type="checkbox"/>
<b>BEDDING / PERSONAL</b>		
Pillow	With pillowcase	<input type="checkbox"/>
Sleeping bag	Three-season (Zero degree rating)	<input type="checkbox"/>
1x towel	+ 1 extra for water activities	<input type="checkbox"/>
Toiletries	Toothbrush, toothpaste, soap, deodorant (not spray)	<input type="checkbox"/>
<b>OTHER ITEMS</b>		
Day pack	To carry your water bottle, jacket, camera, etc in	<input type="checkbox"/>
Rain jacket	Must be waterproof and have a hood	<input type="checkbox"/>
Torch	Small handheld work best	<input type="checkbox"/>
Sunscreen	30+ SPF	<input type="checkbox"/>
Water bottle	2x 1 litre bottles (or equivalent)	<input type="checkbox"/>
Insect repellent	Non-aerosol	<input type="checkbox"/>
Garbage Bag (not black)	To put dirty clothes in	
Camera	Optional	<input type="checkbox"/>
Pen/pencil/notebook	Optional	<input type="checkbox"/>
Sunglasses	Optional	<input type="checkbox"/>
Beanie	Optional	<input type="checkbox"/>
Thongs	Optional- For shower only.	<input type="checkbox"/>
Personal Medication	Bring at least two doses of any prescribed medication	<input type="checkbox"/>

DO NOT BRING		
Mobile phones	Food containing nuts	Valuable items