

What to bring list for Prep Camp

These items are essential for the activities and possible weather conditions on our program. More detail is provided overleaf. If there are any items you are unable to get, please contact Sally on 0458 067 240.

Please keep all items to a minimum so they will fit into your backpack. Bring all the following items in a soft bag/s:

- Rain jacket – waterproof, hooded and not lined to make it lightweight
- Woollen or fleece jumper (not cotton) for warmth
- Broad brimmed hat with chin strap or attachment
- Swim clothing – board shorts and a rashie with sleeves
- Closed in reef shoes or old shoes able to get wet (not sandals)
- Comfortable, sturdy shoes for walking
- 2 pairs of wool or wool/nylon mix hiking socks
- Sunscreen, lip balm and sunglasses with string attachment
- Water bottle x 2 and/or water bladder (at least 2 litres capacity)
- Sleeping bag – suitable for you, warm and compact
- Long pants (not jeans) for hiking – a quick dry material is best
- Long sleeved shirt – an old collared business shirt is suitable
- Thermal top/long johns – merino or polypropylene
- Small lightweight towel and a change of underwear for each day
- Reliable, lightweight torch – a head torch is definitely best
- 6 Garbage bags for waterproofing and 2 small bags for rubbish
- Spoon, cup and a bowl with a lid
- Minimal toiletries – toothbrush and small amount of toothpaste plus sanitary items only.
- Medication (2 sets if required – please list full details on the medical form)



Further details:

Your clothing must be hard wearing and durable, it does not need to be new or fashionable – op shop style is best for camp!
It can get very cold out at night – be prepared.

Avoid pure cotton clothing while camping – simply because it is cold when wet. Nylon or other synthetics drain fast and dry warm on your body. Wool is also good for this.

Your rain jacket must be completely waterproof, hooded and cover half way down your thighs. This may be the most important item you have if it is wet. Avoid flimsy, plastic versions, preferably invest in one that will last you a long time. Make sure it has sealed seams.

Hiking shoes must be worn in and very comfortable, preferably with ankle support. Get used to them by going on walks in preparation for the camp. Avoid heavy, stiff boots – runners are ok but they must be sturdy.

Water shoes can be an old set of joggers, or lightweight surf/reef shoes that are cheap and easily available at department stores. They must be closed in and cover your whole foot.

Board shorts and a rashie is all you need – you don't need one piece or bikini swimming togs as you will need to wear other sun protection over the top of them anyway.

Toiletries must be minimal – if required deodorant should be a small roll on style (no aerosols).

Remember: You need to carry everything on the hike – every little bit adds up.

We will provide the following gear:

- Tent (shared with others)
- Hiking packs
- Sleeping mat
- Safety equipment required for the activities
- Cooking equipment, (stoves, knives, etc.)

- We can provide sleeping bags, thermals or any gear you do not have – let us know!

Please leave these behind, you can thrive without them!

- Personal mobile phones and other electronic devices
- Alcohol and non-prescribed drugs
- Knives or other weapons
- Valuable items or money
- No junk food or additional snacks – we will provide all the food you need

We look forward to seeing you out there!