

# CLOTHING AND EQUIPMENT LIST

## - BASE CAMP WITH CAMPOUT -

The packing list below includes everything that you need to bring on camp. The list has been designed to consider two main factors. These are:

1: Having the correct clothing for activities

2: Making your bag light enough so that you will be able to carry it. (You will need to carry your bag to your room upon arrival)

It contains everything you will need to keep you warm, comfortable and safe for your time away.

Activity Specific Items - any activity specific items are labelled with a \*. Check if you need these items or not by referring to your program outline to see if you are doing that activity.

If there is anything on this list you do not have or can't find, contact your friends or teachers to see if arrangements can be made for you.

Please remember that these are adventure activity programs and not a fashion parade. It is not recommended that you bring expensive brand name clothing as it may get dirty or stained.

Being on camp is a very exciting part of being at school and we understand that you may wish to bring some treats with you. Please be aware we are a nut free provider camp.

The List is split into 4 categories:

1. **Clothing** - This is the clothing that you will need for the week.
2. **Bedding** - What you will Sleep in
3. **Personal Items** - Items you may require for yourself for the week
4. **Water Activities** - Items you will need if there are water activities included in the program.

*There is a Tick Column provided so you can tick items off as you pack them*

## SLEEPING BAG NOTE

If you are camping outdoors is important that you have a sleeping bag that is appropriate for use outdoors. Nothing will ruin a good camp experience more than not sleeping because you are not comfortable at night.

Two factors to look at when judging the appropriateness of a sleeping bag are as follows

### 1- Warmth / Temperature Rating

Sleeping bags are usually rated somehow. Ratings to look for in use outdoors are at least 3 seasons, a rating of zero or below degrees, or Cool / Cold Climate. Ratings are only an indication and will depend on the person.

### 2- Fill

What is inside the sleeping bag makes a lot of difference to warmth, size and weight.

Natural Filling - Down (feathers) filled sleeping bags usually weigh less and pack down smaller but will lose some insulating value when they get wet

Synthetic Filling - Cotton filling is not appropriate for use camping outdoors.

## CLOTHING

✓ #	ITEM	DESCRIPTION
2	Jumper	Polar Fleece or Wool keep you warmer if you get wet
3-4	T-shirt	
2	Long Pants	No tight jeans. Pants must be comfortable.
2	Shorts	Need to be at least mid-thigh length as when you wear a harness they will ride up and be uncomfortable and also protection from the sun
1p/day	Underwear	1 per day
1p/day	Socks	1 per day
	Sun Hat	Broad brimmed hats are most effective sun protection
	Beanie	Polar fleece or wool are warmer
	Walking Shoes	A pair of shoes that are comfortable to walk in. Thongs and slippers are fine for inside buildings but can not be worn outside for activities. Suitable spare shoes for getting wet if doing canoeing\ water activities
	Gloves	Light weight warm gloves are a good idea in winter (Optional)
1	PJ's	Something comfortable to sleep in

## BEDDING

✓	ITEM	DESCRIPTION
	Sleeping Bag	IMPORTANT
	Pillow Slip	(Not a Pillow) We provide pillows

## PERSONAL ITEMS

✓	ITEM	DESCRIPTION
	Toothbrush & Paste	You still need to brush your teeth on camp
	Soap / Shampoo	
	Towel	For shower
	Sunscreen	Roll-on are great for quick application and come in travel size
	Insect Repellent	Optional
	Plastic bags	For wet or dirty clothing
	Camera	Make sure it is damage proof or expendable
	Diary / Journal	For recording your experiences on camp - don't forget a pen
	Torch	Great for night activities (preferably a head torch)

## CAMPING EQUIPMENT

✓ #	ITEM	DESCRIPTON
1	Torch	Small and lightweight ( + spare batteries) preferably a head torch
4	Garbage Bags	Strong bags. These have multiple uses - Separating dirty and wet clothes from clean dry.
3 liters	Water Bottles	You need to have that capacity to carry with you 3 litres of water. 3x 1-litre bottles is recommended
1	Cup, bowl and plate	Strong plastic recommended. Non-breakable
1	Knife, fork & spoon	Strong plastic recommended. Non-breakable

## WATER ACTIVITIES

✓	ITEM	DESCRIPTION
	Bathers	Be Sun Smart when it comes to bathers. You will need to cover up when doing some activities such as canoeing, sailing etc. With surfing and rafting activities we provide wetsuits.
	Long sleeve shirt/Rash vest	For sun protection while on the water
	Board short	Quick dry material. Preferable longer to protect your upper legs from the sun if you are going to be sitting down in watercrafts.
	Towel	Small towel, not a massive beach towel. Microfibre towels are great as they are light, absorbent and dry quickly.
	Wet Shoes	These are a pair of old shoes that are able to get wet but will not fall off your feet if you are in the water or step in mud etc. No Thongs or Velcro Sandals/Shoes

## AUSCAMP PROVIDES THE FOLLOWING EQUIPMENT

✓	#	ITEM	DESCRIPTION
✓	1	Waterproof Clothing	We will provide a set of waterproof over pants and a waterproof Jacket for the length of the program
✓	1	Backpack	A hiking pack sized to the student
✓	1	Tent or Bivvy	If camping, you will be sharing a tent with others. How many in a tent depends on the size of tent. Anywhere from 2 to 6
✓	1	Sleeping mat	A foam sleeping mat to keep you warm and comfortable when sleeping
✓	Set	Stoves and Cleaning equip	If camping you might be cooking your dinner on a Trangia stove. We supply stoves and facilities to clean up after yourself.
✓	All	Activity / Safety Equipment	Any equipment that you require for an activity, from Bike Helmets to Climbing Ropes, are provided by Auscamp.

## NOTE ON AUSCAMP EQUIPMENT

The equipment that we provide you for your camp experience is good quality and usually quite expensive. This can be anything from a rain jacket to a Mountain Bike. It will be issued to you by an Auscamp Guide either at the start of the camp or as required and will be collected from you either at the end of the camp or after you have finished using it.

We understand that damage can occur through wear and tear and we expect this, however if excessive damage occurs as a result of your deliberate actions, this damage is not acceptable.

Please treat this equipment with respect it deserves and as if it were your own.