

CLOTHING AND EQUIPMENT LIST

– JOURNEYS WITH WATER ACTIVITIES –

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

- 1: Taking everything you may want on while you are away on camp
- 2: Making your bag light enough so that you will be able to carry it. (you wont just be carrying what you bring on camp)

It contains everything you will need to keep you warm, comfortable and safe for your time away. You should pack everything on this list (optional items are specified) and nothing that is not unless it is a specific personal need, in which case you should check with your teacher.

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.

Remember: The clothes you are going to wear to camp are included in this list - Not Extra.


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.

The List is split into 6 categories:


- Clothing - This is the clothing that you will need for the week.
- Bedding - What you will Sleep in
- Camping Equipment - Items that will require for activities during the week. Any clothing is required as well as the items on the clothing list.
- Personal Items - Items you may require for yourself for the week
- Water Activities - Items you will need if there are water activities included in the program. These include - Surfing, Canoeing, Sailing, Raft Building, etc...
- Auscamp Provided Equipment - Equipment you will need for the week that is distributed as required throughout the program

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


CLOTHING

	#	ITEM	DESCRIPTION
	2	Thin Jumpers	Polar Fleece or Wool. Cotton windcheater material is unsuitable as the fibres absorb water and will cool the body when wet rather than keep it warm
	2-3	Shirts	Long sleeves are good - Avoid Cotton
	2	Long Pants	No Jeans or Tracksuit Pants - Pants made from high percentage of artificial fibre are most effective
	1	Shorts	Quick dry material is lighter and better
	1p/day	Underwear	1 per day only
	1p/day	Socks	1 per day only, at least 50% wool e.g.: Explorers. No Ankle socks - socks should come up above shoes.
	1	Sun Hat	Broad rimmed hats are most effective sun protection
	1	Beanie	Polar fleece or wool is better
	1 set	Thermals	Polypropylene, merino they come with different names. You need a pair of pants and a top ideally. Dry quickly, wick water away from your skin and are warm
	1	Sturdy Shoes	A pair of shoes that are comfortable to walk in and play in, you don't get blisters in.

PERSONAL ITEMS

	#	ITEM	DESCRIPTION
	1	Toothbrush & Paste	You still need to brush your teeth on camp
	2	Soap / Shampoo	You will Not need this if you are camping out every night of camp as there will be no showers
	1	Sunscreen	Be Sun Smart - Don't just carry it, Use it
	1	Insect Repellent	Optional
	1	Camera	Make sure it is Waterproofed. (optional)
	1	Diary / Journal	For recording your experiences on camp - don't forget a pen

BEDDING

	#	ITEM	DESCRIPTION
	1	Sleeping Bag	IMPORTANT - See Note Below Re Sleeping Bags
	1	Pillow Slip	(Not a Pillow) This can be used to fill with clothes to make a pillow.

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 litres	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

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 loose some insulating value when they get wet
Synthetic Filling - Cotton filling is not appropriate for use camping outdoors.

Sleeping Bags can be Hired from Auscamp

AUSCAMP PROVIDED EQUIPMENT

✓	#	ITEM	DESCRIPTION
✓	1	Waterproof Clothing	We will provide a set of waterproofs 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.