

CLOTHING AND EQUIPMENT LIST

- SNOW CAMP -

The packing list below has been designed to take into account 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.

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).

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:

- Clothing - This is the clothing that you will need off snow/ back at your chalet
- Personal Items - Items you may require for yourself for your camp
- Bedding - What you will sleep in
- Snow - Clothing and gear that you will need whilst at the Snow.

SLEEPING BAG NOTE

If you don't have a comfortable night's sleep it can really impact on your camp experience. Two factors to look at when judging the appropriateness of a sleeping bag are as follows:

1. Warmth / Temperature Rating

Sleeping bags are usually temperature rated. Ratings to look for are at least 3 seasons, a rating of zero degree celsius 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

Sleeping Bags can be Hired from Auscamp

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

CLOTHING

✓	#	ITEM	DESCRIPTION
	2	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	Pants	To wear around the lodge and on the buses
	1p/day	Underwear	1 per day only
	1p/day	Socks	1 per day only, at least 50% wool eg: Explorers. No Ankle socks - socks should come up above shoes. Warm ones for the snow!
	1	Beanie	Polar fleece or wool is best
	1	Sturdy Shoes	A pair of shoes that are comfortable to walk in and play in, you don't get blisters in. If it's waterproof, that's better.
	1	PJs	Comfortable pyjamas to sleep in

PERSONAL ITEMS

✓	#	ITEM	DESCRIPTION
	1	Toothbrush & Paste	You still need to brush your teeth on camp
	2	Soap / Shampoo	
	1	Towel	For showers
	1	Sunscreen	Be Sun Smart especially in alpine areas as the sun reflects off the snow
	1	Camera*	Make sure it is Waterproofed. (optional)
	1	Diary / Journal	For recording your experiences on camp - don't forget a pen
	4	Garbage Bags	Strong bags. These have multiple uses - Separating dirty and wet clothes from clean dry, wet clothing etc.

BEDDING

✓	#	ITEM	DESCRIPTION
	1	Sleeping Bag	IMPORTANT - See Note above re. Sleeping Bags
	1	Pillow Slip	Feel free to bring a pillow as well but make sure it doesn't get wet in transit!

AT THE SNOW

✓	#	ITEM	DESCRIPTION
	1	Set of Thermals	Top and bottom. Polypro or wool. Best to have 1 for every 2 days of program
	1	Gloves	Waterproof Gloves are essential if you're heading to the snow
	1	Goggles	You can hire from Auscamp - please let your coordinator know so that arrangements can be made.
	1	Whistle	This can be used to signal in case of an emergency
	1	Shoes	An extra pair - for use at the snow where they are likely to get wet. They need to be very sturdy, preferably with good grip. No gumboots as the rubber freezes
	1	Scarf\ neck warmer	Wool is the warmest. Neck-warmers preferred
	1	Snow Clothing	If you already have snow jacket or pants or shoes, you may bring them. There is NO need to purchase especially for camp - You can hire from the Rental Place - please let your coordinator know so that arrangements can be made.
	1	Helmet	Helmets are compulsory for all participants. Helmets are provided free of charge from the Rental Place.