



## GEAR INFORMATION

A reminder that we provide a Wilderness Experience - Do not bring your best clothes/shoes  
**Backpacks will be issued on arrival and for easy transfer of gear, please bring all requirements from the gear list in a GARBAGE BAG.**

### PLEASE DO NOT BRING

<ul style="list-style-type: none"> <li>Suitcases, sports bags etc.</li> <li>Mobile phones</li> <li>IPods, DSI's, computer games etc.</li> </ul>	<ul style="list-style-type: none"> <li>Lollies, sweets, biscuits etc.</li> <li>Pocket, flick or steak knives</li> <li>Tobacco, alcohol</li> </ul>
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### SUGGESTED CLOTHING

<ul style="list-style-type: none"> <li>Sun smart hat and warm beanie in winter</li> <li>Raincoat - must be <b>Waterproof</b></li> <li>Thick Socks - a pair for each day / extra if wet</li> <li>Walking shoes - comfortable &amp; sturdy that don't promote blisters (not new)</li> <li>Underwear and handkerchiefs</li> </ul>	<ul style="list-style-type: none"> <li>Shorts (depending number of days attending)</li> <li>T-Shirts - <b>NO</b> crop tops or singlets</li> <li>Jumper - lightweight (wool is recommended)</li> <li>Long trousers – tracksuit pants / loose cotton <b>Not</b> Jeans</li> </ul>
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### CANOEING GEAR

<ul style="list-style-type: none"> <li>Rash/ T-shirt</li> <li>Swimmers</li> </ul>	<ul style="list-style-type: none"> <li>Spare pair of enclosed wet shoes</li> <li>Towel</li> </ul>
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### TOILETRY GEAR

<ul style="list-style-type: none"> <li>Toothpaste &amp; Toothbrush</li> <li>Brush or Comb</li> <li>Soap (small)</li> <li>Small Towel</li> </ul>	<ul style="list-style-type: none"> <li>Sunscreen SPF 15+ (small size)</li> <li>Insect Repellent</li> <li>Chap Stick</li> <li>Any medication you may require</li> </ul>
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### BEDDING

<ul style="list-style-type: none"> <li>Sleeping Bag (Winter can be cool so try and borrow the warmest bag available)</li> <li>Pillows can be made with extra clothing however you may wish to carry a small pillow</li> <li>Light insulated foam mat</li> </ul>
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### OTHER

<ul style="list-style-type: none"> <li>Personal crockery &amp; cutlery – labelled</li> <li>Lunch box</li> <li>2 litres of water- in a re-useable water bottle.</li> </ul>	<ul style="list-style-type: none"> <li>2 tea towels</li> <li>6 garbage bags (good quality for waterproofing)</li> <li>Small torch (+ spare batteries)</li> </ul>
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### OPTIONAL

<ul style="list-style-type: none"> <li>Camera</li> </ul>	<ul style="list-style-type: none"> <li>Pencil &amp; notebook</li> </ul>
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**Please note: If you leave any gear at camp, we are happy to post it back to you at your own expense.**