

OUTDOOR ADVENTURE CAMPS

CAMP: 4566 4366 FAX: 4566 4288 MOBILE: 0427 077 805



PARTICIPANT CLOTHING and EQUIPMENT LIST – 3 DAY PROGRAM

ESSENTIAL FOR ALL CAMPS:

HAT, WATER BOTTLE, SUNSCREEN, INSECT REPELLENT and OLD PAIR OF RUNNERS

- CLOTHING:**
- Sun hat or cap (ESSENTIAL FOR ALL ACTIVITIES)
 - 2 or 3 T shirts
 - 1 or 2 long sleeved tracksuit tops (eg fleecy lined sloppy joe)
 - Waterproof raincoat with hood (test prior to camp)
 - 2 long pants (loose but comfortable eg tracksuit pants)
 - 2 pairs of shorts
 - 3-4 pairs of socks (thick woollen socks are best for bushwalking)
 - Shoes, including one tough sturdy pair for hiking & bushwalking
 - Shoes, old pair of runners for water based activities
 - Underwear
 - Swimming costume and shirt for getting wet
 - Pyjamas
- FOR WINTER:**
- 2 woollen jumpers (old and able to get dirty)
 - Woollen beanie or balaclava
 - Warm underwear. Thermal tops and bottoms for colder months
 - Extra blanket or doona if you feel the cold
- TOILETRIES:**
- Lightweight towel, washer and small soap
 - Toothpaste and toothbrush
 - Brush or comb
- SLEEPING:**
- Sleeping bag
For colder months a good quality sleeping bag is essential.
A bag with a three season minimum rating is best.
Avoid lightweight cotton bags as they will not keep you warm in cold conditions.
 - Pillow with pillow slip
 - Undersheet
- OTHER ITEMS**
- Torch with spare batteries
 - Water bottles, enough for 2 litres (ESSENTIAL FOR ALL ACTIVITIES)
 - Insect repellent (ESSENTIAL FOR ALL ACTIVITIES)
 - Sunscreen (ESSENTIAL FOR ALL ACTIVITIES)
 - Plastic garbage bag for dirty clothing
- OPTIONAL**
- Camera - Flora / fauna guides - Pen, pencils and paper
- FOR BIVOUAC CAMPS ONLY**
- Unbreakable plastic bowl, plate and cup
 - Inexpensive cutlery (knife, fork spoon)
 - Teatowel
 - Day backpack for expeditions (to carry water and food supplies)

ADDITIONAL INFORMATION: In summary, three sets of clothes will be required. One set for travelling to and from the venue. One set for the camp which can get dirty (eg for canoeing and hiking) and one set for changing into. Should you have any further enquires feel free to ring on the camp number above. Soft drink machine available at \$1.50 per can.

**PARENTS – FOR MORE INFORMATION REGARDING YOUR CHILD’S SCHOOL CAMP VENUE,
PLEASE SEE OUR WEBSITE AT: www.outdooradventurecamps.com.au**