

All essential activity and safety equipment is provided. For a three-day camp, we recommend you bring:

- Sleeping bag
- Pillow if required
- ✓ Water bottle
- Sun block
- Toiletries
- ▼ Toilet paper
- Insect repellent
- ✓ Tin/plastic mug
- ✓ Knife, fork & spoon
- ✓ Plastic plate/bowl
- ✓ Towel

- Stout walking boots
- Long pants
- ✓ Waterproof jacket
- Sun hat/woolly hat (depending on time of year)
- 3 T-shirts (not cotton)
- 1 jumper/hoody
- 2 pairs of pants
- 1 pair of shorts
- 3 sets of undies
- ✓ 3 pairs of socks
- Comfy flat shoes