

# YOUTH SUMMER CAMP

## PARTICIPANT EQUIPMENT LIST

### What you must bring

*Clothes for five days* (there is limited space on the bus for baggage so please limit to items on list. The camp is not a fashion show)

5x t-shirts or singlets  
3x pairs shorts  
1x warm jersey  
1x long pants  
7x socks  
Underwear  
Sports bra (girls- for running)  
Togs  
Sports shoes (suitable for running in)  
Jandals (optional)  
Sun hat  
Rain coat  
Day pack  
Tramping pack

Tent (sharing can be arranged but boys and girls on separate hills)

Sleeping bag  
\* Pillow (optional)  
\* Camp stretcher or small rolled mattress (optional)  
\* Tramping roll to sleep on (optional)  
Towel  
Tea towel

Toiletries:

Soap  
\* Shampoo/conditioner (optional)  
Toothpaste  
Toothbrush  
Deodorant  
Insect repellent  
Sunscreen  
Sanitary for the girls (just in case, exercise can trigger menstrual cycle)  
Chap Stick

Plates and cutlery (must be light weight for tramping and named. Plate, bowl, cup, knife, fork, spoon)  
Water bottle (must be named)  
Torch (include spare batteries)  
Plastic bags (for dirty washing/rubbish)

(Mobile phones will be kept with staff & returned when we leave)

### Do not bring

Alcohol, Cigarettes, Drugs, Aerosol cans, MP3 players, Ipad or any electronic listening device, Lollies.  
**(If you bring any of these items they will be confiscated permanently)**

NB: \* means optional

**If your child fails to bring everything on this equipment list other than optional items then you may be invoiced for the full cost of the camp which is \$300.**