



## GEAR LIST

The below gear list is just a suggestion of what would be good to have on your camp. Please note that the following list has been designed for a three-day programme, please adjust accordingly for different durations.

### Essential

- 3 towels
- 3 pairs of trousers
- 3 pairs of shorts
- 6 shirts
- 2 warm jerseys
- Thermals (top and bottoms)
- Socks/underwear (wool socks Apr – Oct camps)
- Sun hat
- Togs
- Waterproof rain jacket (seam sealed)
- 2 pairs of lace up shoes (include one pair of sneakers that can get wet – see activities below)
- Warm sleeping bag (extra blankets Apr – Oct camps)
- Fitted sheet
- Pillow
- Pajamas (winter PJs for Apr – Oct camps)
- Shampoo / conditioner / body wash / soap
- Toothbrush & toothpaste
- Roll on deodorant (NO aerosol)
- Drink bottle
- Sunscreen
- Torch
- Day pack
- Any prescription medications

### Activity Specific – must haves

Coasteering	Paddling Raft Building	Archery	High Ropes   Flying Fox Flying Kiwi   Tree Climb Crate Stack
— Board shorts (for over the wetsuits) — Sturdy closed-toe shoes (aqua shoes are NOT suitable due to the terrain at Cape 3 Points)	— Closed-toe shoes to get wet, aqua shoes are ok	— Long sleeve top	— No short shorts as you will be wearing a harness

### Optional

Extra clothes, jandals (for showers), gumboots, extra toiletries, cards, diary, camera, wetsuit, insect repellent etc.

### Do NOT Bring

- Money or valuables
- Spray deodorant
- Pocket knives
- Electronic equipment
- Illicit substances
- Sweets or energy drinks

You will also need to pack a normal school lunch for the first day of camp.

