

Individual Gear List

This list is based on a five day camp with activities. Please adjust clothing amounts to suit the length of stay and activities that you intend on undertaking

Amount	Gear Required	Tick Box
1	Sleeping Bag	
1	Pillow	
1	Flannelette sheet (optional; mattresses are vinyl covered)	
1	Set of Pyjamas or clothes to sleep in	
1	Torch (with fully charged batteries)	
1	Water Bottle (at least 750 ml)	
2	Towels (showering and swimming)	
1	Toiletries <ul style="list-style-type: none"> - Toothbrush - Toothpaste - Soap - Shampoo and Conditioner - Medication - Sunscreen - Insect Repellent - Hair Ties - Sanitary Pads/ Tampons 	
1	Sun Hat	
1	Sunglasses (optional)	
1	Raincoat	
3	Jersey (pref. 1 x fleece or wool)	
4	T-shirts (including at least 2 that are old and can get dirty)	
2	Shorts	
1	Trousers (NOT DENIM)	
1-2	Polypropylene Top	
1	Polypropylene Long Johns	
1	Togs (wetsuit/ rash vest optional; MOEC does supply wetsuits for all water activities)	
1 set	Night Clothes (for after activities)	
2	Shoes (lace up running shoes or similar) <ul style="list-style-type: none"> - Walking to and from camp - Activities (old pair that can get dirty) - Wet shoes (optional) 	
5	Socks (pair)	
1	Day Pack	
3	Plastic Bags	
1	Tea Towel	
1	Set of Eating Utensils <ul style="list-style-type: none"> - Plate - Bowl - Cup - Knife - Fork - Spoon - Tea Towel <p>NB: If staying in the lodge or cottage this is unnecessary as all utensils are provided, however tea towels are still a must!</p>	
1	Book or other quiet activity(s)	