

EQUIPMENT LIST

General

Sleeping bag and sheet
Pillow and pillow slip
Towel
Laundry detergent and pegs
Bathroom necessities
Torch

Clothes

Orienteering clothes, preferably long pants (eg nylon/cotton/quick dry material pants)
Orienteering shoes or running shoes
Gaiters or Long socks
Shirts/shorts/long pants
Tracksuit
T-shirt/s
Jeans etc for evening wear
Socks and undies
Hat

Raincoat – essential, as we still go orienteering in showery weather

Warm pullover

Spare shoes
Thongs for showers
Plastic bag for dirty clothes

O Gear (To take each day in a small back pack with spare clothes/ tracksuit)

Water-bottles (2 litres minimum)
Sport Ident Stick (may be borrowed if you don't have one)
Control description holder or some clear contact (.5 metre)
Whistle
Compass (some for loan, if you don't have one)
Watch
Sunscreen
Insect repellent (optional)
Any current medications
Pens (incl red ones), Pencil, Eraser
Folder for maps and coaching material

Extra

Plate, bowl, cup, knife, fork, spoon, lunch box, insulated lunch bag and ice container (you will make, pack and carry your own sandwich/wrap each day)
Tea-towel (breakfast is self-serve, and you will wash and dry your own dishes)
Mask – please bring one in case you become sick during camp. You will need to wear it until you are able to be collected from camp.

Lunch and snacks for Thursday