

## **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**