

EQUIPMENT LIST – please check carefully!

General

Sleeping bag and fitted sheet

Pillow and pillow slip

Towel, toiletries

Torch

Stuff for free time (cards, football, books, etc)

Laundry detergent and pegs if you think you'll need them

ALSO: Dinner plate, cereal bowl, cup, knife, fork, spoon, lunch box, insulated lunch bag, tea towel. Breakfast is self-serve and you will make, pack and carry your own lunch each day.

We will have 2 dinners at Top of the Town, and one (Friday night) at the RSL. You will wash and dry your own dishes after each meal onsite.

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, coat, beanie, gloves

T-shirt/s, jeans etc for evening wear

Socks and undies

Swimsuit if you want to swim in the pool plus extra towel

Hat

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

Spare shoes

Thongs for showers

Plastic bag for wet/dirty clothes

Spare plastic bag for wet shoes

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 if you have one.

Whistle

Thumb Compass (renamed by Josh Moore, aged 6, a thumpass – it's time this name caught on 😊) Please email Felicity facrosato@gmail.com if you don't have one

Watch

1 roll strapping tape for ankles or ankle braces if you wear them

Pens (incl red ones), Pencil, Eraser, highlighter pen

Folder for maps and coaching material

Basic First Aid Kit: Sunscreen +/- lip balm

Insect repellent

Band-aids

Bandage

Panadol

Any current medications

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