**Please Label all clothes**

**Towel** or 2 or you can hire for $2.00

Carry bag or back pack- for water, food, clothes and o kit to events

O kit

Compass

Whistle -this is compulsory on some of the training maps

1 litre water bottle

watch – optional

Plastic sleeve or folder to hold maps from training

Sunscreen

O shoes

Gators or O socks

O Clothes

Running Pants

Running tops/ O tops

Toiletries

Toothbrush

Toothpaste

Shampoo/conditioner

Soap

Comb

Deodorant

Sunscreen

Casual clothes

Hat- broad brim

Jumpers/tracksuit pants

Thongs/ joggers/ shoes

Jeans

Socks and underwear

Pj’s

Raincoat

Swimmers if you are game!!!!

Just make sure you have something comfortable to wear after training and for dinner! ☺

The temperature in Coffs Harbour is cuurently 7-18 degrees, hopefully we will have similar temperatures in a couple of weeks, so please pack accordingly!

Other items:

Book

Cards/game

Notepad and pen/pencil

Garbage bag for dirty O clothes

☺

Sal, Jock and Rob