

Gear List

**At least three changes of clothing and under clothing to suit cold wet weather
(Wool or polypropylene are compulsory)**

- Lunch and drink for the first day
- Sleeping bag and pillowcase
- Sheet or fitted sheet to cover mattress (optional)
- Day Pack
- Warm pyjamas or sleeping attire
- Toilet Gear – toothbrush, toothpaste, soap, shampoo, face cloth, two towels, hair brush, comb, sanitary needs
- Medication (back up supply if needed)
- Insect repellent
- Pair of heavy shoes or boots (good grip required)
- Pair gym shoes
- Pair slippers or thick socks (for indoor use only)
- Parka or waterproof coat (Hostel provides rain coats)
- Woollen or polypropylene gloves
- Woollen or polypropylene hat
- At least four changes of woollen or polypropylene socks
- Plastic drink bottle
- Plastic lunch box
- Tea towel – named
- Container of home baking (to be handed in)
- Book or board/card game
- Plastic bags for wet or dirty clothing
- Any valuables or personal fishing gear brought on camp are your responsibility. (They are better to be left at home)
- A positive attitude