

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