

Personal Requirements

Essential

sleeping bag
pillow and pillowslip
2 x large plastic bag for bedding (overnight camp out)
2 towels

2 minimum poly-prop or thermal garments (next-to-skin layer)
2 minimum woollen/polar-fleece jumper (second layer)
beanie (woollen or fleece)
underwear
shorts (Quick-drying material. Above-knee)
woollen socks (several pairs)
an older pair of socks (to be worn over shoes in the river)
waterproof raincoat (with hood)
long pants (e.g. jeans/tracksuit, for evenings in lodge)
sweatshirts, shirts for evenings in lodge
pyjamas

footwear for inside the lodge (e.g. scuffs, slippers, sneakers)
footwear for tramping/outdoor activities e.g comfortable sports type shoe with reasonable grip tread. Must be suitable for use in water, on rocks and in mud.

toilet gear
plastic bags (x 2 for dirty clothes)
torch (with a new battery)

Optional

gloves/mittens (woollen or fleece) - optional
pack of cards/indoor games
a book to read
Camera (not a phone camera, own risk)

Personal Emergency Gear

plasters, matches, rubber inner tubing, survival blanket (thin silver type), notepaper, pencil, cord.

Your child will be expected to wear clean, tidy clothes and footwear for meal times. Definitely a practical **NOT** a fashionable wardrobe is needed. No sweets, chewing gum, electronic equipment of any kind (eg. ipods, phones, etc) or spending money is needed.