

Canoeing & Abseiling Camp Gear

List

- 3 pairs socks
- Sturdy Footwear (no open shoes) (if you intend wearing runners bring two pairs)
- 1 Pair of old shoes for canoeing or wet shoes
- 2 T-shirts (why because you will need one for canoeing, good to sleep in as well)
- 1 pair of shorts or board shorts
- 2 pairs of long pants (jeans if you want to, but if it's wet you will probably be very uncomfortable)
- Woolly Pyjamas or Track Suit pants to sleep in (It might be cool at night)
- 1 Jumper or Windcheater
- Beanie (good to sleep in if the nights are cool)
- Wide brimmed (preferred) or Peaked hat/cap (if it's sunny)
- 2-3 plastic trash bags (for dirty / wet clothes)
- Sleeping bag
- Sleeping Mat or Stretcher
- Torch (and spare batteries)
- Chap stick & Sunscreen (must have)
- Soap/comb/toothbrush/toothpaste/hand towel
- Dilly Bag containing cup/knife/fork/spoon/plate/bowl/tea towel
- Towel
- 1 Pair of thongs (for showering only)
- Personal First Aid Kit
- Ear plugs if you can't stand snoring (optional)

Please do not bring:

- Walkman or Discman.
- Electronic games.
- Anything valuable!
- Lollies, biscuits or any other food (we will have plenty or you will be watching the leaders eat them in front of you).
- Aerosol cans, sparklers, firelighters or matches.

Where Clifford Park Activity Centre (Melway 24 J6)

