



Clothing/Equipment Packing List

All items should be packed in a soft sided duffel bag or backpack.
Medication should be turned over to a staff member before the trip.

Clothing

- 3 T-Shirts; Fast drying materials are best (not cotton)
- 2 Shorts; Loose fitting or stretchy, knee length
- 1 Swimwear
- 1 Long-sleeve shirt
- 1 Fleece/sweatshirt
- 1 Pants
- 1 Set of sleepwear
- 4 Underwear
- 4 Pairs of socks

Shoes

- 1 Pair training shoes
- 1 Pair camp shoes (flip flops, sandals, etc)
- 1 Pair water shoes

Other

- Personal toiletries
- 2 Water bottles (Reusable, 1 Litre each)
- Sun Hat
- Sun Glasses
- Towel
- Note pad and pen or pencil
- Headlamp or torch with spare batteries
- Sunscreen
- Insect repellent
- Sleeping bag or sheet
- Camera with spare battery and memory card (optional)