All the items listed below are important and must be brought. Only the essentials are needed and these must be light and warm. This is the minimum gear required to come to the program.

### Clothing

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Thin jumpers (fleece or wool)</td>
</tr>
<tr>
<td>1</td>
<td>Sturdy shoes (boots or runners)</td>
</tr>
<tr>
<td>2</td>
<td>Sets thermals (polypro or wool)</td>
</tr>
<tr>
<td>2</td>
<td>Shorts (no denim allowed)</td>
</tr>
<tr>
<td>1</td>
<td>Long sleeve shirt with collar</td>
</tr>
<tr>
<td>1</td>
<td>Warm gloves (optional)</td>
</tr>
<tr>
<td>1</td>
<td>Pair long pants NO JEANS</td>
</tr>
<tr>
<td>1</td>
<td>Wide brimmed sun hat</td>
</tr>
<tr>
<td>2</td>
<td>T-shirts (with sleeves)</td>
</tr>
<tr>
<td>1</td>
<td>Beanie</td>
</tr>
<tr>
<td>4</td>
<td>Woollen socks (e.g. explorers)</td>
</tr>
<tr>
<td>4</td>
<td>Underwear one pair per day (max)</td>
</tr>
<tr>
<td>1</td>
<td>Bathers (for under a wetsuit)</td>
</tr>
<tr>
<td>1</td>
<td>Water shoes (old runners will do)</td>
</tr>
</tbody>
</table>

### Equipment

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sleeping Bag – Dacron or Down. Rated to 0 degrees or below</td>
</tr>
<tr>
<td>3</td>
<td>Strong (orange “garden” type) garbage bags</td>
</tr>
<tr>
<td>1</td>
<td>Sleeping Bag liner (optional)</td>
</tr>
<tr>
<td>3</td>
<td>Green or black garbage bags</td>
</tr>
<tr>
<td>1</td>
<td>Strong fork &amp; spoon ONLY</td>
</tr>
<tr>
<td>1</td>
<td>Strong plastic bowl and mug</td>
</tr>
<tr>
<td>1</td>
<td>Tea towel</td>
</tr>
<tr>
<td>3</td>
<td>Green Scour pads</td>
</tr>
<tr>
<td>3</td>
<td>Plastic Shopping bags</td>
</tr>
<tr>
<td>1</td>
<td>Head torch and spare batteries</td>
</tr>
</tbody>
</table>
Number | Item
--- | ---
1 | Sunglasses (old)
1 | Whistle (on cord)
1 | Trail Mix (no nuts, no wrapped lollies)
2 | Water bottles (2-3 litre capacity)
1 | Lunch for Day 1

**Personal Items**

Number | Item
--- | ---
1 | Roll of toilet paper (double bagged in two snap-lock bags)
1 | Personal 1st aid kit (bandaids, roller bandage and strapping tape) (no drugs at all please)
1 | Toothbrush & paste, hairbrush, deodorant (no aerosols)
1 | Insect Repellent (20% DEET is good) (no aerosols)
1 | Small towel or chamois
1 | Sunscreen, zinc, lip balm
1 | Labelled personal medications (please indicate on med form)
1 | Feminine hygiene – pads & tampons and hand wipes (waterproof in a snap-lock bag)

**Optional**

- Water-proof Camera
- Diary/journal for writing (including a pen) or book to read

**Adventure Plus will provide the following**

- Tents and Tarps
- Sleeping mat
- Water proof pants and jacket
- Lightweight stoves, Fuel and cooking utensils (including Sharp Knives)
- Maps and Compasses
- All specialist safety equipment
- Group first aid kit
- Backpacks