

## **SUGGESTED GEAR LIST FOR TEEN CAMPS—up to a week**

*The following is a recommended list only.*

- Sleeping Bag/ Blanket
- Fitted sheet for mattress
- Pillow with case
- Nightwear—warm
- 2 Towels
- Toiletries and medication
- 3/4 Shirts/T-Shirts
- 2 Warm jerseys or bush shirt
- 2 Sweat shirts
- 4 Changes underwear
- 2 Shorts
- 2 Pairs long trousers/track pants
- 5 Pairs warm socks
- Togs (summer only)
- 1 Waterproof raincoat
- 1 Warm hat and sun hat
- 2 Pair shoes or sneakers, gumboots
- 1 Torch or headlamp
- Sunscreen and lip salve
- Large plastic bag for dirty washing
- Day pack
- Pencil and pen
- 1 Container of home baking
- Cycle helmet if caving or BMXing

### **DRINK VENDING MACHINE and PAY PHONE:**

Campers may wish to bring \$1 or \$2 coins for this facility.