

## WHAT TO BRING TO CAMP – LEADER’S CHECKLIST

Some essential items plus suggestions to make camp safe and enjoyable:

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| <input type="checkbox"/> This Guide  | <input type="checkbox"/> 2 pairs of tracksuit pants or other long trousers for walking, cool evenings and protection of legs from sun and/or mosquitoes |
| <input type="checkbox"/> Groundsheet (full length of your sleeping bag)  | <input type="checkbox"/> Underclothes and socks   |
| <input type="checkbox"/> Pillow for use in tents and cabins. Bring an old pillowcase as dust from tent use will make it dirty. (a small/ inflatable pillow is great for taking on expeditions) | <input type="checkbox"/> Swimming gear  |
| <input type="checkbox"/> Sleeping bag (Some people also like a bed sheet for use on vinyl mattresses in cabins)  | <input type="checkbox"/> Canoeing attire: An old pair of pyjamas can be great for canoeing – they fit loosely and protect arms and legs from the sun    |
| <input type="checkbox"/> Sleeping mat or air mattress  | <input type="checkbox"/> Hat with brim to protect your head from the sun  |
| <input type="checkbox"/> Strong garbage bags to keep your gear waterproof on canoe / kayak expeditions (minimum 6)   | <input type="checkbox"/> 2 towels (It is surprising how quickly one can get wet, especially if it drops out of a canoe!)                                |
| <input type="checkbox"/> A pair of aqua shoes to wear in water to protect your feet (Thongs are not effective and are not recommended for wear around camp)                                    | <input type="checkbox"/> A water bottle (600 – 750ml) for your personal supply of drinking water in canoes/ kayaks to keep up essential fluids          |
| <input type="checkbox"/> A second pair of good sneakers or walking shoes   | <input type="checkbox"/> A small torch ( <i>Don't forget to bring spare batteries</i> ) Campsites are dark at night.                                    |
| <input type="checkbox"/> Waterproof & windproof jacket/ japura   | <input type="checkbox"/> Toilet requirements (toothbrush, toothpaste, soap, shampoo, deodorant, etc)  |
| <input type="checkbox"/> Long sleeved woolen jumper  | <input type="checkbox"/> Mosquito repellent such as "Rid"   |
| <input type="checkbox"/> At least 3 changes of shorts and t-shirts. (If you are in a tent with a patrol, some of these the can be stored in a cabin)   | <input type="checkbox"/> Sunscreen (a 250ml pump is great – it is easy to pass around to ensure that everyone is wearing sunscreen)                     |
| <input type="checkbox"/> 1 or 2 long sleeved shirts for cool evenings, protection from the sun and mosquitoes  | <input type="checkbox"/> Sunglasses (not expensive ones!)   |

Optional Extras to think about: <ul style="list-style-type: none"> <li>• Hiking Pack</li> <li>• Waterproof throw away camera</li> <li>• Waterproof watch</li> <li>• Pack of cards</li> <li>• Frisbee or Hacki Sack</li> </ul>	<ul style="list-style-type: none"> <li>• Guitar or other musical instrument</li> <li>• Sparklers or noise makers (a big hit on New Year's eve)</li> <li>• Modeling balloons</li> <li>• Lollies</li> </ul>
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