

# Year 7 Camp Packing List

## General

- Hat
- Small backpack to take to activities
- Sleepwear
- Shirts (must have sleeves)
- Shorts
- Underclothes and socks
- Warm clothing - Jumper and tracksuit pants
- Long pants / tights for High Ropes
- 1 set of clothes that will get muddy
- Swimwear (one piece for girls)
- Swim shirt or rashie
- Thongs, Crocs or Slides
- 1 pair of enclosed shoes (for dry activities)
- 1 pair of enclosed shoes (for wet/mud activities) For example, reef shoes or old joggers
- Beach towel
- Bath towel

## Toiletries (in a small bag)

- Toothbrush
- Toothpaste
- Soap / body wash
- Sunscreen
- Shampoo
- Brush
- Insect repellent (not aerosol)
- Deodorant (not aerosol)
- Tissues
- Lip balm
- Chafing cream (if required)

## Sleeping Gear

- Pillow (please label)
- Sleeping bag
- Single size fitted sheet

## Medications

- Medications to be handed to staff and must be labelled with dosage and instructions for use

## Miscellaneous

- 3 x plastic bags to store wet / dirty gear
- Water bottle

## What NOT to bring

- Mobile phones
- Valuables (money, electronics – Switch, Bluetooth speakers)
- Aerosol cans of any type
- Swiss Army knife, lighters, matches
- Chewing gum