



## Camp Gear List

Northern Beaches Christian School  
Silver Duke of Edinburgh's Award Hike  
20-23 May 2019

Students will develop their own gear list as part of the planning/training day however this gear list is supplied as a general list to allow students time to purchase/borrow any gear that they need prior to camp.

Please note that one of the purposes of the camp is to allow students to learn about themselves by testing them beyond their comfort zone. Having the correct equipment allows them to get the full experience without making it too demanding. The correct equipment also adds to their personal safety and comfort.

It is important to remember that at times students may experience adverse weather conditions with little shelter and they will be required to carry all their equipment on an extended hike. For this reason students are advised to follow the equipment guidelines and refrain from packing excess or inappropriate equipment.

Personal experience tells us that having appropriate equipment adds to the enjoyment, but experience also tells us that some of this equipment can be very expensive. If camping or trekking is going to be prominent in the future it may be worth investing in quality gear and building up a collection over time. However, if this is not the case, less expensive alternatives often suffice. Some of the items may well be borrowed e.g. wet weather jacket.

If you wish to purchase gear from RAG please call our office on 02 6558 2093 for school prices.

### Tips:

- Label all your equipment with your name and Phone No.
- When packing always think of lightweight materials that take up less space.
- While on activity cotton makes you colder on cold days and hotter on the hot days, thermals or synthetic clothing will make you more comfortable.

### Banned List:

- Cigarettes, iPods, pocket knives, alcohol, drugs, mobile phones, tablets, flip flops, make up or gum

# Final Checklist

Equipment Type	✓	Equipment Type	✓
Sleeping Bag		Clothes for Campsite: Tracksuit pants, T shirts, jumpers etc.	
Sleeping mat		Thermals - 2 tops and 1 pants	
Water Bottles – 3L carrying capacity		2 x Long sleeve shirt for sun protection	
Raincoat ¾ length		1 x Shorts	
Rain pants		1 x light weight hiking pants	
Sun Hat		Underwear & socks At least one pair for each day and a spare pair.	
Warm Hat/ Beanie		Plastic bag for wet gear	
Sunscreen		Fleece Jumper / Wind Stopper	
Insect Repellent		Meal Utensils: light weight bowl, knife, fork, spoon, mug, plate + <u>tea towel</u>	
Torch & spare Batteries		Food for the duration including healthy snack food	
Toiletries: Toothbrush + paste and deodorant. Hairbrush (optional)		Sunglasses with strap (optional)	
Camera (Optional)		Towel or Chamois	
Personal First Aid Kit: Band Aids, Personal Medication, Tweezers, Strapping Tape, Hand Sanitizer, Blister Treatment		Hiking boots that are worn in	