

Dear parents,

Please note that one of the purposes of 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 may also be required to carry all their equipment. For this reason, students are advised to closely follow the equipment guidelines and refrain from packing excess or inappropriate equipment.

It is essential that students have the appropriate gear in order to keep them safe and healthy whilst on camp. Choosing not to bring items on this list can expose students to severe sunburn, hypothermia, hyperthermia, scratches and infection, gastro and muscle strain.

#### [Sun Safe Policy](#)

We strongly recommend that the student is involved in the packing process so that they are aware of the gear that they have in their bag but that a responsible adult double checks their gear to ensure that nothing has been forgotten or overlooked.

We understand that outdoor gear can be expensive and that this may be the only time in the year that students use this gear, therefore we provide discounted gear through our shop, opportunities for hire and recommend borrowing gear if camping is not going to be prominent in their future.

#### [Hire or purchase equipment through our gear store](#)

Please note that if a student arrives on camp without the necessary gear to keep them safe and healthy, Barrington Outdoor Education will provide the necessary gear and the cost will be charged to parents. Alternatively, you may be asked to collect your child from camp.

Tips:

- Label all your equipment with your name and Phone No.
- When packing always think of lightweight materials that take up less space
- Bring gear to camp in backpacks or soft bags, suitcases are not appropriate
- While on activity cotton makes you colder on cold days and hotter on hot days, thermals or synthetic clothing will make you more comfortable.
- Your equipment will be checked on the first day of the program; any unwanted materials will be stored and returned at the end of program.

#### **Banned List:**

Cigarettes, iPods, pocket knives, alcohol, drugs, tablets, flip flops, make up or gum.

Mobile phones can be used as an alarm clock on camp but not for any other purpose.

Equipment Item		Explanation	Hire/Purchase
<b>1 Pair of Shorts</b>	<input type="checkbox"/>	Knee length shorts	
<b>2 Long-sleeve shirts with collars</b>	<input type="checkbox"/>	Shirts that will protect you from the sun – see Sun Safe Policy	
<b>Camera (Optional)</b>	<input type="checkbox"/>		
<b>Dry bags or plastic/garbage bags</b>	<input type="checkbox"/>	Essential to keep dry gear protected from rain, water or wet gear inside your bag	Purchase
<b>Dry Clothes for Campsite: Tracksuit pants, T shirt, jumper etc.</b>	<input type="checkbox"/>	Wool or fleece	
<b>Insect Repellent</b>	<input type="checkbox"/>	Suitable for mosquitoes, midges and ticks	
<b>Jumper / Wind Stopper</b>	<input type="checkbox"/>	Woollen or fleece	
<b>Light weight pants</b>	<input type="checkbox"/>	Pants that will protect you from the sun – see Sun Safe Policy	
<b>Meal Utensils: light weight bowl, knife, fork, spoon, mug, plate + tea towel</b>	<input type="checkbox"/>	Lightweight and compact (do not bring disposable items)	
<b>Personal First Aid Kit: Band Aids, Personal Medication, Tweezers, Strapping Tape, Hand Sanitizer, Blister Treatment</b>	<input type="checkbox"/>	Bring items listed in a waterproof bag	
<b>Raincoat <math>\frac{3}{4}</math> length</b>	<input type="checkbox"/>	Waterproof, breathable fabrics and adjustable hood	Hire/Purchase
<b>Runners</b>	<input type="checkbox"/>	Shoes for non-water activities	
<b>Sleeping bag</b>	<input type="checkbox"/>	Lightweight, compact bag, with degree rating relevant to expected overnight minimum temperature or combine a liner with a cooler bag	Hire/Purchase
<b>Sleeping Mat (not required for teachers)</b>	<input type="checkbox"/>	A small mat that offers some comfort but is easily transported	Hire/Purchase
<b>Small Day Pack</b>	<input type="checkbox"/>	To carry water, lunch, snacks, sunscreen, wet weather gear and personal medication	Purchase
<b>Some snack food</b>	<input type="checkbox"/>	Healthy snack food (no nuts) – please do not bring large quantities of sugary snacks, they will be removed and returned to you at the end of camp	
<b>Sun Hat</b>	<input type="checkbox"/>	Bucket hat or legionnaires style hat in line with sun safe policy	Purchase
<b>Sunglasses</b>	<input type="checkbox"/>	Sun glasses will protect eyes from the sun – see Sun Safe Policy	
<b>Sunglasses strap</b>	<input type="checkbox"/>	A strap will keep your glasses safe when on activity	Purchase
<b>Sunscreen</b>	<input type="checkbox"/>	Waterproof, min. 30+ sunscreen	

Equipment Item		Explanation	Hire/Purchase
<b>Thermals - top and pants</b>	<input type="checkbox"/>	Min. one set of woollen or polypropylene thermals (an extra pair if wet weather is predicted)	Purchase
<b>Toilet Paper</b>	<input type="checkbox"/>	Some toilet paper in a clip lock bag in case you need to go when activity away from toilets	
<b>Toiletries: Toothbrush + paste, soap, deodorant and hair ties. Hairbrush (optional)</b>	<input type="checkbox"/>	Listed supplies, if expedition camping soap may not be required	
<b>Torch &amp; spare Batteries</b>	<input type="checkbox"/>	Head torch is preferred as it allows you to keep your hands free when cooking etc	Purchase
<b>Towel or Chamois</b>	<input type="checkbox"/>	Compact microfiber towel or small regular towel	Purchase
<b>Underwear &amp; socks</b>	<input type="checkbox"/>	One pair for each day and a spare pair. Comfortable underwear that won't chafe or rub	
<b>Warm Hat/ Beanie</b>	<input type="checkbox"/>	Thick wool or fleece	
<b>Water Bottles - 3 x 1 litre</b>	<input type="checkbox"/>	It is essential that you have min. 3L water carrying capacity	Purchase
<b>Waterproof Over pants</b>	<input type="checkbox"/>	If wet weather is predicted, waterproof over pants will keep you dry and warm to prevent hypothermia	Purchase
<b>Gaiters (optional)</b>	<input type="checkbox"/>	If you are planning to hike in shorts, gaiters will protect your legs from scratches and animals	Purchase
<b>Walking Boots</b>	<input type="checkbox"/>	Must be broken in, depending on the length of the hike, sturdy runners may suffice	
<b>Pack liner</b>	<input type="checkbox"/>	To keep everything inside the pack dry, can be a tough garbage bag	Purchase
<b>Food</b>	<input type="checkbox"/>	Healthy, nutritious, energy rich food for the duration of the camp see Food Guidelines	
<b>Swimmers, board shorts, rash shirt</b>	<input type="checkbox"/>	Long sleeve rash shirt with neck, board shorts that cover thighs in line with sun safe policy	
<b>Wetsuit (Optional)</b>	<input type="checkbox"/>	If you have your own wetsuit that you would like to bring, do so, otherwise BOE will supply when needed	
<b>Wetsuit booties or joggers to get wet</b>	<input type="checkbox"/>	Shoes that you are happy to get wet that have good grip on the bottom and will stay on your feet in moving water	Purchase