



CAMP GEARLIST

You will need to wear / pack all of the items on the following list.

NOTE: All items marked with an * can be provided by Adventure Specialties Trust if requested. Please let your leader/organiser if you wish to borrow anything. (If there is anything you are not able to get hold of, and it is not marked with an asterisk on the list below, please ask anyway and we will see what we can do to help)

NOTE: Thermal clothing (polypropylene or merino) and adequate footwear can be purchased relatively cheaply from stores like The Warehouse. Where we have specified thermal clothing, it MUST be thermal material (not quick dry sportswear or cotton or any other material). This is to keep you as warm as possible in wet or cold situations.

CLOTHING

3 pair socks (at least 1 woollen*)

2 Shorts

3 T Shirts (one woollen/thermal/polypro)

1 Jeans or long pants

2 long-sleeved thermal tops*

2 thermal pants*

1 Polar fleece or wool jersey*

Waterproof raincoat or jacket (with hood!)*

Light windproof jacket

Waterproof over trousers*

Woollen Beanie*

1 pair togs

2 pair shoes

Underwear

CAMPING GEAR

Torch & spare batteries

Plastic mug, dinner plate & cereal bowl

Knife, fork & spoon

Drink Bottles (2x 750 ml)

Sleeping bag*

Pillow

MISCELLANEOUS

Medication (must be declared on medical consent form)

Toiletries

2 towels

Day Pack (school bag)

Sunglasses and sunhat

Sunscreen

Wetsuit (optional)

GEAR FOR ACTIVITIES

For the Rutherford Girls Journey, your main activities will be **caving, abseiling, kayaking and bush walking**.

In order to make the activities as fun and enjoyable as possible, please be prepared to pack a small day pack with the following items. Your instructors will remind you during the camp but generally, for the following activities you will need to wear/bring:

CAVING:

One pair polypro/thermal bottoms*

2 long-sleeved polypro/thermal tops*

Plastic bag for wet, muddy clothes

Small day pack

Water bottles

Closed footwear like running shoes (be prepared for them to get wet and muddy!)

KAYAKING:

Closed footwear (be prepared for them to get wet!)

Togs

Warm clothing

2 thermal long-sleeved tops (polypropylene or merino)

Light windproof jacket

Sunhat and glasses

Small day pack

Water bottles

BUSH WALKING AND ABSEILING:

Weather appropriate clothing (e.g. warm clothing, rain jackets, etc.)

Small day pack

Water bottles

STUDENTS ARE NOT ALLOWED TO BRING:

- Cell phones
- Electronic devices (iPods, tablets, etc.)
- Money
- Cigarettes
- Drugs
- Alcohol

NOTE: Adventure Specialties Trust takes no responsibility for any damage that may occur to electronic or digital equipment that is brought on camp. We recommend that you leave it at home and enjoy listening to the birds.