

SUGGESTED CLOTHING AND EQUIPMENT LIST

What to Bring:

Toiletries:

- Soap + Shampoo
- Toothbrush + Toothpaste
- Hairbrush or Comb
- Talcum Powder (for feet)
- Deodorant

Clothing:

- At least four changes of underwear and socks.
- Appropriate jumpers and trousers for the season.
- Parker or raincoat.
- Bathers.
- Torch (new batteries)
- Wetsuit optional
- Warm coat or jacket and gloves.
- Bush hat or woolen beanie
- Extra set of "dry clothes"
- Sleeping bag and own pillow, extra blanket if required.

Do Not Bring:

*Knives, Cigarettes, Alcohol, Good Clothing.