

Year 10 Camp Equipment List 2022

This is a list of the ESSENTIAL clothing requirements. All items should be old, warm and clearly named. The booklet provided by Hillary Outdoors has good descriptions of the types of gear needed for this environment. Hillary Outdoors can also provide the items in bold and marked * if needed. Make sure you are prepared to get wet every day. Looking good at camp is not your priority. Staying warm and dry is most important. Do not bring jeans or cotton t-shirts.

- **Tramping Pack*** – to fit sleeping bag, clothes and extra gear for an overnight trip. This should fit the student carrying it. Hillary Outdoors recommend 65 litres but some students may be too small to carry this size.
- Pack liner: large plastic bags (E.g. rubbish bags) x 3 to fit sleeping bag and clothes
- Day pack – school pack size
- **Waterproof jacket *** which must have a hood
- **Waterproof over trousers***
- Wool or **fleece jerseys***, at least two long sleeved woollen/ polartec /polarfleece/ ecofleece
- Thermal tops (an under-layer of wool, fleece or polyester/polypro – at least 3 for next to skin)
- Thermal long johns (an under-layer of wool, fleece or polyester/polypro – at least 2 for next to skin)
- **Fleece pants*** or similar warm pants
- Shirts – 2 quick drying for evening wear and over polypropylenes
- EITHER : 2 shorts worn with polypropylene pants OR 2 walking type trousers / quick-dry tracksuit pants. You will need old trousers for caving.
- Socks at least four, long woollen pairs to avoid blisters / rubbing
- **Tramping Boots*** and sturdy trainers
- **Lace up short rubber gumboots**-if you have them, bring them
- Casual shoes for evenings
- Underwear
- **Wetsuit**- long john type or full length
- Toiletries - include sanitary towels or tampons whether expecting your period or not
- Towels – 2, one for water activities
- Torch and batteries
- **Woollen Hat***
- Sun Hat
- **Woollen/polypropylene gloves***
- **Sun glasses***
- Sun block and insect repellent
- Large plastic bags for wet gear
- Swimming togs
- Drink bottle 1 litre or more
- Pillow and pillow case
- **Sleeping bag and optional liner *** – the warmer the better
- Pyjamas
- Knife, fork, spoon, mug, plate (plastic or similar for overnight tramp)
- You may bring a camera but no cell phones or iPads.
- Journal and pen (old exercise book is fine for this)
- First Aid Kit
 - Sleek, Second Skin or Vaseline to prevent blisters
 - Throat lozenges
 - Sterile pads and plasters
 - Antiseptic cream
 - Needle and thread
 - Personal medication (E.g. asthma medication, antihistamine)