

TRAMPING

Groups will be camping and will carry in tents and cookers with them.
The following gear list is a minimum guideline.

Clothing

Footwear: Good quality and well worn in tramping boots or lace up sneakers (*with good grip on sole and that fit properly*)

Warm woolen jersey or fleece jacket

Warm thermal, polypro or fleece tops and pants

Shorts (*easy drying nylon type are best*)

Warm socks – 2 or 3 pairs

Long trousers-fleece or nylon (*not jeans or cotton track pants*)

NO SKIRTS OR DRESSES PLEASE

Wet weather raincoat with hood !!!! **Essential**

Warm hat

Sun hat

Tee shirt- optional

Windproof overtrousers- optional

Camp shoes (*sandals or crocs etc..*)



Personal Equipment

Pack (60+ litres)

Packliner- (supplied by MAC)

Sleeping bag

Sleeping mat – *foam or thermarest type*

Eating utensils-plate, mug, knife, spoon

Torch and batteries

Tooth brush and toothpaste

Toilet paper

Personal medication (*and spares for staff to carry*)

Sunblock

1.5 litre waterbottle

FOOD – your share of any group meal, plus snacks and other food.



For each cooking / tent group:

Tent: 2-3 person tent with built in floor (*needs to be checked prior to camp*)

Billy / Pot with handle or potgrips

Stove and correct fuel

Can opener

Tea towel

Matches or lighter

Please – NO CELLPHONES OR MUSIC PLAYERS

CANOEING

Gear list:

Generally, the **same equipment** as on **tramping** gear list, with the following additions:

- A light windproof jacket for paddling in (as well as a raincoat)
- Togs and towel
- Footwear is essential (can be old sneakers or aqua shoes), and you should expect it to be wet most of the time.

ROCK CLIMBING / ABSEILING

They will have a chance to participate in rock climbing and / or abseiling, and may also do some river based scrambling.

Gear list:

- Lace-up footwear (*sneakers, shoes or boots are acceptable*)
- Sunscreen and sunhat
- Togs and towel
- Lunch and snacks
- Personal medications
- Raincoat and warm clothing – be prepared to be outside in any weather
- Shorts and sports socks for climbing.
- Water bottle

ROGAINE / TEAM BUILDING PROJECTS

Equipment as for rock climbing