

## Essential Clothing / Equipment List

| Check                | Item                             | Notes                                                                                                    |
|----------------------|----------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Wearing</b>       | Hat - Broadbrimmed or Bucket Hat | <i>Mandatory and even bring a spare</i>                                                                  |
|                      | Sunsafe Shorts/Shirts            | <i>Sun smart - Do not bring expensive clothing. Long shorts or tights are recommended for high ropes</i> |
|                      | Underwear                        | <i>Bring some spares</i>                                                                                 |
|                      | Pyjamas/tracksuit pants          | <i>Strongly recommended</i>                                                                              |
|                      | Jeans/Jumpers                    | <i>It can get cold at night</i>                                                                          |
|                      | Socks                            | <i>Thick socks recommended</i>                                                                           |
|                      | Togs/wet clothes                 | <i>Sun Smart</i>                                                                                         |
|                      | Towels x 2                       | <i>One for shower and one for beach</i>                                                                  |
|                      | Raincoat                         |                                                                                                          |
|                      | 2 x sandshoes                    | <i>Closed in shoes for activities - compulsory for Caves Tour</i>                                        |
|                      | Wet shoes (old sand shoes)       |                                                                                                          |
|                      | thongs                           | <i>For showers</i>                                                                                       |
|                      | Small Bag/backpack               | <i>To carry items into the shower</i>                                                                    |
| <b>Eating</b>        | Cup                              | <i>Plastic with name on it</i>                                                                           |
|                      | Water Bottle                     | <i>No water bottle = no activities</i>                                                                   |
| <b>Sleeping</b>      | Single fitted sheet              |                                                                                                          |
|                      | Sleeping bag/blankets            |                                                                                                          |
|                      | Pillow                           |                                                                                                          |
|                      | Toiletries Bag                   | <i>Soap, toothbrush and paste, deodorant, hair brush and hair ties etc.</i>                              |
| <b>Miscellaneous</b> | Sunscreen                        |                                                                                                          |
|                      | Insect repellent                 |                                                                                                          |
|                      | Torch or Head Lamp               | <i>Small one recommended</i>                                                                             |
|                      | Notebook and pencil              | <i>Recommended</i>                                                                                       |
|                      | Smile                            | <i>Essential!!</i>                                                                                       |