

# Participant Equipment Checklist

Each participant will require the following items. They should be able to be packed and carried in one (1) soft bag or back pack. The equipment and clothing that you bring with you can make a real difference to your comfort during your stay – be prepared for all weather conditions including very hot, very cold, rain and wind.

## DAY TRIPS AND ALL PROGRAMS

<b>OPTIONAL ITEMS</b> <ul style="list-style-type: none"> <li>• Sunglasses</li> <li>• Camera</li> <li>• Thongs or sandals</li> </ul>	<b>CLOTHING</b> <ul style="list-style-type: none"> <li>• Hat (broad brimmed)</li> <li>• Warm Jumper</li> <li>• Warm hat or beanie</li> <li>• Rain jacket (really important)</li> <li>• Spare set of clothes</li> <li>• <b>Closed in shoes for water-based activities (No Sandals or thongs)</b></li> </ul>	<b>PERSONAL ITEMS</b> <ul style="list-style-type: none"> <li>• Sunscreen (at least SPF15+)</li> <li>• Insect repellent</li> <li>• Water bottle (at least two litres)</li> <li>• Any personal medication that you might need (eg. asthma puffer, Epipen)</li> <li>• A small day pack</li> </ul>
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## OVERNIGHT - STAYING IN BORNHOFFEN ACCOMODATION

<b>SLEEPING</b> <ul style="list-style-type: none"> <li>• Sleeping bag or blankets</li> <li>• Pillow and pillow case</li> <li>• Single cotton fitted sheet</li> </ul> <b>OPTIONAL ITEMS</b> <ul style="list-style-type: none"> <li>• Sunglasses</li> <li>• Camera</li> <li>• Thongs or sandals</li> </ul>	<b>CLOTHING</b> <ul style="list-style-type: none"> <li>• Shirts</li> <li>• Shorts</li> <li>• Socks</li> <li>• Hat (broad brimmed)</li> <li>• Underwear</li> <li>• Long pants (track pants)</li> <li>• Warm Jumpers (at least two)</li> <li>• Warm hat or beanie</li> <li>• Rain jacket (really important)</li> <li>• <b>Two pairs of enclosed shoes (one that can get wet for water-based activities)</b></li> </ul>	<b>PERSONAL ITEMS</b> <ul style="list-style-type: none"> <li>• Torch (with spare batteries)</li> <li>• Toiletries (no aerosols please)</li> <li>• Toothbrush and toothpaste</li> <li>• Notebook and pen</li> <li>• Garbage bags (at least five)</li> <li>• Togs</li> <li>• Towel (for drying you)</li> <li>• Tea towel (for drying dishes)</li> <li>• Sunscreen (at least SPF15+)</li> <li>• Insect repellent</li> <li>• Water bottle (at least two litres)</li> <li>• Any personal medication that you might need (eg. asthma puffer, Epipen)</li> <li>• A small day pack for day trips</li> </ul>
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## FOR PROGRAMS INCLUDING CAMP OUT AND EXPEDITIONS

<ul style="list-style-type: none"> <li>• You will need a closed cell foam insulation mat to sleep on (we can loan you one)</li> <li>• Consider leaving your pillow at home unless your program includes a few nights in cabins</li> <li>• Plate, bowl, cup (plastic/lightweight but not disposable)</li> <li>• Knife, fork and spoon</li> <li>• Consider what you will be doing and what you can carry</li> <li>• We will issue a backpack to you for expedition-based programs</li> </ul>	<b>PERSONAL ITEMS</b> <ul style="list-style-type: none"> <li>• Consider leaving out the day pack if you are on an expedition the whole time</li> <li>• Your personal medications, dosage and storage need planning. Please be prepared</li> </ul> <b>NOT ESSENTIAL BUT USEFUL</b> <ul style="list-style-type: none"> <li>• Ball of string</li> <li>• Small Groundsheet (2m x 2m)</li> </ul>
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## DO NOT BRING

<ul style="list-style-type: none"> <li>• Anything against school rules</li> <li>• Cigarettes, drugs or alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Mobile phones</li> <li>• MP3 or CD players</li> <li>• Sheath or pocket knives</li> <li>• Expensive clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Aerosol cans, matches, lighters</li> <li>• Valuable watches or jewellery</li> </ul>
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## SOME HINTS THAT MAY BE HELPFUL

<ul style="list-style-type: none"> <li>• Cotton clothing is cold when wet and takes a long time to dry</li> <li>• Synthetics and wool stay warm when wet and synthetics (not wool) dry quicker</li> <li>• Your small back pack will be useful – you will use it to carry food, water, clothing, medication and more.</li> <li>• Water is really important – You will need to drink at least 2-3 litres of water per day</li> <li>• Empty PET (soft drink) bottles make good water bottles – used cordial bottles do not</li> <li>• Sun protection is very important. Always carry sunscreen, wear a hat and clothing that protects you</li> <li>• A pair of comfortable, enclosed shoes like boots or trainers will be required for everyday use</li> <li>• You will also need a pair of shoes that can get wet. These must be sturdy and stay on your feet in the water when you swim.</li> <li>• If you are wearing a harness, you must wear the appropriate clothing. Your shirt should have sleeves and must cover your stomach when you lift your arms above your head. Skirts are not appropriate with a harness</li> </ul>
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