



PACKING GUIDE

A handy list of items everyone should remember to pack for camp, as well as a guide to what should be left at home

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WHAT TO BRING

Bedding

- ☐ Sleeping bag
- ☐ Pillow/pillow case
- ☐ Extra blanket in Winter

Clothing

- ☐ T-shirts
- ☐ Shorts
- ☐ Long sleeve shirts
- ☐ Jumpers
- ☐ Track pants/long pants
- ☐ Socks
- ☐ Underwear
- ☐ Pyjamas
- ☐ Swimmers
- ☐ Waterproof jacket/warm coat
- ☐ Beanie

Footwear

- ☐ Comfy, enclosed, sturdy shoes
- ☐ Old shoes for water activities

Personal

- ☐ Deodorant
- ☐ Toothbrush/toothpaste
- ☐ Soap
- ☐ Towel for showering
- ☐ Towel for water activities
- ☐ Hygiene products
- ☐ Medications (EpiPens, ventolin etc)

Sun-Safe

- ☐ Hat
- ☐ Sunscreen
- ☐ Refillable water bottle

Miscellaneous

- ☐ Small backpack/daypack
- ☐ Plastic bag for wet clothes
- ☐ Torch/head torch
- ☐ Camera
- ☐ Hair tie (required for long hair on activities)

WHAT NOT TO BRING

- ☐ Good clothes or shoes
- ☐ Valuable items
- ☐ Electronic devices/games
- ☐ Computers/tablets
- ☐ Aerosol cans
- ☐ Appliances (Hair dryers etc)
- ☐ Jewellery
- ☐ Snacks that contain nuts
- ☐ Weapons (knives etc)

A note about Mobile Phones

Many of the schools we work with have different views on whether mobile phones are allowed on camp and we leave the final decision to each school.

We do encourage everyone that visits Roses Gap to take full advantage of the amazing outdoor environment and social elements of camp and leave anything with a screen at home or safely packed away during camp.

Please note that if mobile phones are brought to camp they are forbidden during activity sessions due to the safety issues of being distracted while engaging in our adventure activities.