

Kit List

Bring along:

- Any special medicines you need for allergies etc.
- Mess kits (eating utensils, plate, bowl, mug, dishcloth)
- Bedding (e.g. sleeping bag and pillow)
- Clothes that can (and probably will) get dirty; warm tracksuit pants and tops for night time
- Good outdoor shoes
- Spare shoes / strops
- Toiletries
- Swimming costume and towel
- Hat and sun-cream
- Raincoat / drimac
- Mosquito & tick repellent (Bayticol is a good tick repellent; spray on clothes before camp)
- Torch and spare batteries
- Water-bottle to take on hikes
- Pen and small notebook
- Money for tuck shop
- Daypack if you have one (to carry raincoat, water bottle, food, towel etc. on walks)
- Camera (optional)
- Bible

Leave behind:

- Ghetto blaster, walkman, mini disc etc.
- Cellphones and other valuables
- Fancy clothes, cosmetics, hairdryers etc. This is an outdoor adventure camp!