



# Camp Adair Gear List

## All items to be clearly named

- o Packet of biscuits
- o Cut lunch and drink for Wednesday
- o Sleeping bag
- o Under sheet
- o Blanket
- o Pillow
- o Torch
- o Insect repellent
- o Toothbrush
- o Toothpaste
- o Soap
- o Face cloth
- o Shampoo
- o Brush/comb
- o 2 Towels
- o Drink bottle
- o 3 large plastic bags
- o Book (optional)
- o Underwear x 4
- o Socks x 4
- o Shorts x 2
- o T-Shirt x 3
- o Long trousers x 2
- o Warm jumper or sweatshirt x 2
- o Shoes x 2 (1 suitable for walking)
- o Swimming togs
- o Sun hat
- o Waterproof jacket
- o Old clothes for the confidence course

**Do not bring: ipods, mobile phone, radios, electronic games or money.**

**Absolutely no lollies/sweets or bubble gum.**