

General advice

The attached list contains the items required for the various conditions and activities you may encounter during your camp. Depending on weather conditions, you will use all or most of them so please bring EVERYTHING listed (except where indicated optional) and do not pack additional items.

Travelling clothes

The clothing you travel to camp in is 'additional' to your clothing list. Travelling clothes will be put away to ensure you have a clean set of clothes in which to return home.

Medications and diet

If you are on any prescribed medications, please bring them with you and hand them to the Koorungal staff on the bus. Make sure details concerning medications and any specific dietary requirements are accurately outlined on your medical form. Any student who is required to carry an EpiPen due to the possibility of an anaphylactic reaction **must bring two EpiPens** to Koorungal.

The following items are not allowed to be brought to camp:

- Electronic games, radios, iPods, mobile phones, etc
- Extra food or 'junk' food, such as chips, lollies, chocolate, Powerade, chewing gum, etc
- Any items contrary to normal school rules
- Aerosol sprays, such as deodorant or insect repellent (please use roll-on or pump packs)
- Sheath knives, lock blade knives, butterfly knives or flick knives

Sleeping bags

Sleeping bags are preferably of a synthetic material, such as Quallofil or Hollofil, as this type will maintain some warmth even when wet. The sleeping bag available in the school's uniform shop is ideal. A sleeping bag liner is highly recommended, it improves the thermal qualities of the sleeping bag and helps keep the bag clean. A bag liner can be made from an old sheet or from a length of rayon or silk material or may be purchased from outdoor equipment shops.

Footwear

Enclosed footwear should be worn at all times during outdoor activities. Thongs, sandals or scuffs may be brought to Koorungal but are ONLY to be worn between the showers and the main building.

Water-based activities

All boys must bring an old pair of joggers or tennis shoes, or a pair of wet suit booties, for use during most water-based activities. Please note thongs, Crocs or scuffs are not adequate foot protection.

Obtaining clothing

Many suitable items can probably be found in the old clothes bag at home. Army surplus stores are a relatively economical source as are op shops for old woollen clothing. Fashion is NOT important. **Please note that the Uniform Shop carries most of the specified items.**

Year 7 Koorungal Camp Clothing and equipment

Most equipment and clothing can now be purchased from the Uniform Shop.

Phone 9442 1716 for advice.

- Waterproof jacket
- Sleeping bag
- Sleeping/roll mat (Yoga mat or similar is not suitable)
- 2 x woollen or polar fleece pullovers – light to medium for general use
- 2 x pair tracksuit pants or lightweight pants
- Hat with brim for sun protection
- 1 x pair of bathers
- Tube of insect bite cream
- Torch – lightweight, head torches are ideal, have one set of spare batteries and a spare globe if it requires one. Remember to remove batteries for transport.
- Whistle on a neck cord
- 3 x **heavy duty** large black plastic bags for waterproofing equipment and dirty clothing
- 30+ sunscreen
- Swimwear – board shorts and rash vest
- Old shoes or wetsuit booties for canoeing/water activities
- Novel/reading material
- Thongs/slides
- 1 x pair of sports shoes or lace up walking boots, must be durable and in good condition – NOT elastic sided boots
- 4 x T-shirts or long sleeved cotton shirts
- 2 x pair of shorts
- 1 x collared long-sleeve, lightweight shirt for sun protection
- 4 x pairs light to medium wool or wool/nylon mixture socks, no short socks
- 2 x towels
- 4 x pairs of underwear
- Toiletries (include soap, **roll-on** deodorant, toothbrush, toothpaste)
- Writing material (pencil/pen/notebook in pencil case)
- 1 x large waterproof snap-lock bag or similar for Koorungal Journal
- **Roll-on** insect repellent
- Pillow
- Dilly bag and eating utensils – plastic bowl, cup, knife, fork, spoon
- 1 x tea towel
- 2 x 1L water bottles eg soft drink bottles NOT milk bottles or water bladders

Optional items

- Camera (disposable and waterproof is recommended)
- Card games
- Daypack or shoulder bag
- A hiking backpack is NOT required

NAME ALL EQUIPMENT AND CLOTHING TO AVOID CONFUSION OR LOSS