



### General advice

The attached list contains the items required for the various conditions and activities you may encounter during your voyage. Depending on weather conditions, you will use all or most of them so please bring **everything** listed, except where indicated optional. Space on board is limited, please keep your equipment to a minimum and bring it in a soft bag, **suitcases will not be permitted**.

People react differently to cold and wet conditions. Some feel the cold very quickly, others seem to stay warm in most conditions. Depending on how you feel in cold or wet conditions, you should select more or less of the warm clothing items. If you feel the cold quickly you could bring the optional light wool pants and a slightly thicker garment when selecting specific woollen items. Clothing should be hard wearing and durable.

Much of the clothing and equipment may now be purchased through the School Uniform Shop. Contact the Uniform Shop on 9442 1716 for advice.

### Travelling clothes

The clothing you travel in to camp 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

All prescription and sea sickness (Kwell, Travelcalm) medications are to be placed in a clear, sealable, plastic bag with written instructions. The bag is to be clearly named and handed to the School staff on the morning of departure. Please ensure details concerning all medications are accurately recorded in your son's Consent 2 Go profile.

Non-prescription medications, except for sea sickness, are not to be brought to camp. These may include paracetamol, antihistamines, anti-inflammatories etc.

### Sea sickness

Motion sickness may be a problem and affects many people to some degree, fortunately most people get over the problem in a day or two. There are many commercially available motion sickness preventatives, which should usually be taken before arrival on board or during the voyage. Please check with your doctor or pharmacist as to the appropriate medication.

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

- Electronic games, radios, iPods, mobile phones and the like may be used for the bus journey and will be safely stored by staff during the voyage.
- Extra food or 'junk' food such as chips, lollies, chocolate, chewing gum etc
- Money
- Aerosol sprays such as deodorant or insect repellent (please use roll-on)
- Any items contrary to normal school rules
- Sheath knives, lock blade knives, butterfly knives or flick knives

### Equipment care and responsibility

The STS Leeuwin issues necessary sailing equipment including waterproofs, safety harnesses, mattresses and pillows. Lost or irresponsibly damaged equipment will require payment for replacement or repair.

## Warm wear

Polar fleece type fabrics are by far the most economical fabric for staying warm in wet and cold conditions. They absorb very little moisture and therefore do not rob you of body heat. Two light to medium-weight pullovers are more versatile than one thick pullover.

Polypropylene fabric holds even less water than polar fleece and is used in long underwear.

**Cotton absorbs up to 25 times its weight in water and is TOTALLY UNSUITABLE.** Do not substitute the vital polar fleece pullovers with cotton 'sweatshirts', football jumpers, or tracksuit tops.

Wool is a suitable, but usually more expensive, replacement for polar fleece and polypropylene. Check the label to ensure the garment is at least 70% wool.

## 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 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

One pair of enclosed shoes for wearing on deck which are suitable for getting wet. **Thongs are not permitted.**

## 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.**

## Clothing and equipment list

Most equipment and clothing can now be purchased from the Uniform Shop. Contact the Uniform Shop on 9442 1716 for advice.

### Required items

- Sleeping bag
- 1 or 2 polar fleece or woollen pullovers - light to medium for general use
- 2 x pair nylon / polyester tracksuit pants (**not** jeans)
- Hat with brim for sun protection and a chin strap for windy conditions (no caps)
- 1 x pair bathers
- 1 x set of thermal underwear (top and pants)
- 1 x heavy duty large plastic bag for dirty clothing
- Writing material (pencil/pen/notebook - in waterproof zip lock plastic bag)
- 1 litre water bottle eg soft drink bottle, NOT milk bottle
- 1 x pair of sports shoes or enclosed secure fitting shoes for on the boat
- 1 x pair of shoes for travel
- 4 x t-shirts/long sleeved cotton shirts (long sleeve collared shirts are recommended for sun protection)
- 3 x pairs of shorts
- 4 x pairs light to medium wool or wool/nylon mixture socks
- Beanie or balaclava - woollen
- 2 x towels
- Underwear
- Toilet gear
- 30+ sunscreen and lip balm
- Pillowcase
- Sunglasses with retainer strap

### Optional items

- Camera (disposable and waterproof is recommended)
- Sailing gloves
- Pillow
- Musical instruments

### No singlets

**NAME ALL EQUIPMENT AND CLOTHING TO AVOID CONFUSION OR LOSS**