

Personal Requisites

1. Clothing

- 2 or 3 pair of long pants (tracksuit, jeans)
- 1 or 2 windcheaters
- 1 or 2 pair shorts
- 1 pair bathers
- Handkerchiefs
- 1 pair mittens or gloves
- Sun hat
- Beanie
- 2 pair trackshoes/runners (1 x **old*** & 1 x new) (*essential for canoeing)
- 2 or 3 long sleeve warm shirts or thermal tops
- 1 woollen or 'polar-fleece' jumper (at least)
- 2 or three T –shirts
- 4 complete changes of underwear
- 4 pair of socks (thick)
- 1 pair pyjamas
- 1 warm parka or jacket

2. Linen/bedding

- 1 Sleeping bag
- 1 pillow
- 2 towels

3. Other items

- Sunglasses & Sunscreen
- Drink bottle
- Torch (small with new battery)
- Personal medical requirements

4. Toiletries

- Soap, toothbrush, toothpaste, comb, hairbrush, face washer

5. Optional Items

- Camera, cards, games, thongs, insect repellent.

Note

- Schools who attend late term 2 or early term 4 (possible winter conditions) should make sure that extra warm clothing is brought to 15MC .
- All personal items should be clearly marked with the owner's name.
- All luggage should be clearly labelled. Try to utilise clothes and other items you have at home rather than buying anything special for the program.
- 15 MC will supply all food requirements. Do not send or bring food.
- Money may be required to purchase food en route (see your school for info). There is no facility at 15MC to spend money.
- Outdoor School is a SunSmart School. Students are encouraged to wear a hat and clothing with long sleeves and collars that are made from closely woven fibre, to wear suitable sunglasses and to apply at least SPF15 broad spectrum water-resistant sunscreen.
- Waterproof jackets and overpants, lunch box and day-packs are provided for students and visiting staff. All specialist equipment is also provided.
- Mobile phones: Students are not permitted to bring mobile phones to 15MC. If mobile phones are brought they will be confiscated and handed to their visiting teacher at the start of the camp and returned on departure.
- As a health precaution students are advised not to bring aerosol propellant cans e.g. deodorant sprays.

Appendix C (continued)

If your school has incorporated an overnight bushwalk into your program then the items on the Personal Student List below need to be brought to 15MC.

Bushwalking & Camping Clothing & Equipment List		
Personal Student List <i>Supplied by Students</i>	Individual Student List <i>Supplied by Outdoor School</i>	Group List for pairs <i>Supplied by Outdoor School</i>
<ul style="list-style-type: none"> • Thermal Underwear <ul style="list-style-type: none"> - long johns - top • Warm Jumper x 2 (Polartec or Woollen) • Long Sleeved Shirt (not cotton) • long pants • Tracksuit Pants – 1 pair (To sleep in) (Synthetic type OK) • Gloves • Socks – 3 pair (Woollen/Synthetic mix) • Underwear • Beanie • Peaked Cap/Sunhat • Sunglasses • Sunscreen & Lip Balm • Plastic bags x 4 (30cm x 30cm) • Waterbottle • Small Torch - spare batteries • Personal Medication • Camera 	<ul style="list-style-type: none"> • Rucksack • Rucksack Liner • Sleeping Bag • Sleeping Bag Liner • Thermarest Mat (for sleeping) • Waterproof Jacket • Waterproof Overplants • Mug • Plate • Bowl • Knife, Fork, Spoon 	<ul style="list-style-type: none"> • Tent & Fly • Pegs • Stove • Fuel Bottle • Waterproof Matches • Water Bag • Toilet Paper • Food Bags • Food supplies

Staff Leader's Equipment List

- First Aid Kit
- Foam Mat
- Mobile Phone/Radio

- Map & Compass