



## QCCC EXPEDITIONS: PERSONAL EQUIPMENT LIST (APPENDIX B.)

### Duffel Bag (Similar to a sports bag or Country Road Bag) WATERPROOFING

#### CAMP CLOTHING (Layers – avoid cotton where possible)

- Raincoat (Strong, light & waterproof, **NO** ponchos)
- 1 x Polar fleece or wool jumper
- 2 x Shirt (1 x long sleeves for Sun Protection)
- 2 x Shorts
- 1 x pair of Thermals
- 1 x Skins or similar (to protect from chafing)
- 1 x Beanie
- Underclothing
- 1 x Long pants
- 3 x pairs socks
- Swimwear for surf lesson (if applicable)
- Compact towel for after surfing and showers.
- Sturdy/worn in footwear for walking (e.g walking boots or PE trainers)
- Change of clean clothes for journey home

- 4 or 5 heavy duty garbage bags for water-proofing *or Dry Bags* (see details below)

#### ESSENTIALS

- Sun hat
- 2 x 1L water bottles &/or 2L hydration pack
- Whistle (emergency use)
- Headlamp/torch and new batteries
- Small personal First Aid kit
- Any personal medication
- Insect repellent
- Sunscreen

#### ADDITIONAL CLOTHING/NEEDS - PADDLING

- 1 x Long sleeved shirt
- Booties/shoes to get wet (**NO** thongs or sandals)

#### OTHER

- Sunglasses (with head strap)
- Personal hygiene (eg. Toothbrush, roll-on **NOT** spray deodorant)

#### SLEEPING

- Sleeping bag (this is essential too!)
- Sleeping bag liner (optional)

#### COOKING

- Stuff sack or old pillow case for below items
- Eating utensils: plate, bowl, cup, cutlery (spoon, fork and knife) or 'spork'.
- 1 x Tea towel per person

#### QCCC WILL SUPPLY

- Hiking pack
- Tent
- Cooking stove & fuel
- Food and snacks
- Sleeping mat
- wetsuit or rashie (vest/shirt) for surfing (if applicable)

We are a nut free camping programme, food is supplied. DO NOT endanger lives of anaphylactic persons by bringing food, particularly if containing any type of nuts!

#### DO NOT BRING

- Mobiles or other electronic devices: (these items take away from experiences and opportunities on camp). Schools can provide their coordinators contact details if needed.
- Makeup: as it marks and discolours helmets, packs, tents, etc; (a heavy cleaning surcharge will apply).

#### ATTENTION

- Items such as insect repellent and sunscreen must be inside a separate bag and carried in top of pack only! DO NOT spray or apply these inside tents. These products remove the waterproof coating from packs and tents.
- No food is to be taken into tents! When packed-up it causes damage and/or difficulty in cleaning tent, (a cleaning surcharge or replacement cost will apply).

#### WATERPROOFING IDEAS

- If you have access to *Dry Bags* these work well, otherwise sturdy garbage bags still work.
- Waterproof in small packages, such as lining the inside of your sleeping bag cover with an open garbage bag then stuffing your sleeping bag into both of these. This way the garbage bag is protected from rips. Don't tie knots in them, twist it or use hair ties instead.