

QCCC SURVIVAL: PERSONAL EQUIPMENT LIST (APPENDIX B.)

Please use a Duffel Bag (Similar to a sports bag or Country Road Bag)

CAMP CLOTHING Layers_- Avoid cotton where possible!

- ☐ Rain Coat (strong, light & waterproof, No ponchos)
- ☐ 2 x polar Fleece or wool Jumper
- ☐ 3 x Shirt (1 x long sleeves for Sun Protection)
- ☐ 1 x pair of Thermals
- ☐ 3 x pair of shorts/leggings
- ☐ 2 x Long pants
- ☐ 1 x Hat
- ☐ 1 x Beanie (optional)
- ☐ Underwear
- ☐ 3 x pairs socks (wool)
- ☐ Compact towel for after any wet Act
- ☐ Old clothes for wet activities
- ☐ Shoes for water-based activities.
- ☐ Sturdy/worn in footwear for walking (e.g walking boots or PE trainers)
- ☐ Swimmers, board shorts & Rash shirt
- ☐ Change of clean clothes for journey home

ESSENTIALS

- ☐ Sun hat
- ☐ 2 x 1L Full water bottles &/or 2L Full hydration pack
- ☐ Headlamp/torch and new batteries
- ☐ Small personal First Aid kit
- ☐ Any personal medication
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Personal hygiene (eg. Toothbrush, roll-on **NOT** spray deodorant)
- ☐ Small backpack (for carrying water and snacks to activities.)

OPTIONAL

- ☐ Sunglasses (with head strap)

SLEEPING

- ☐ Sleeping bag (this is essential too!)
- ☐ Fitted Sheet when in Cabins
- ☐ Sleeping bag liner (optional)
- ☐ Pillow (optional)

COOKING

- ☐ Stuff sack or old pillow case for below items
- ☐ Eating utensils: plate, bowl, cup, cutlery (spoon, fork and knife) or 'spork'. (NO BREAKABLE ITEMS eg ceramic)
- ☐ 1 x Tea towel per person

QCCC WILL SUPPLY

- ☐ Pack
- ☐ Shelter
- ☐ Cooking items & fuel
- ☐ Food and snacks
- ☐ Sleeping mat

We are a nut aware 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).