

RETREAT GEAR LIST

Please ensure that your child has the following items LABELLED and with them:

1. Water bottle to re-fill
2. Waterproof jacket and pants for rain
3. Warm jacket (if necessary)
4. Stable outdoor shoes or running shoes AND waterproof shoes/boots. It's a good idea to bring at least 2 pairs of footwear as one pair might get wet.
5. Hat and sunscreen
6. Weather appropriate clothing.
 - At least 3 t-shirts
 - At least 2 long sleeve shirts /sweaters
 - At least 3 pairs of pants (one long pair for high and low ropes courses)
 - At least 4 extra pairs of socks
8. Sleeping bag and pillow - LABELLED
9. Sleepwear
10. Toiletries and **towel**
11. **Flashlight (and extra batteries) – important to have for evening activity.**

Please Note: We will be walking from the dock where the charter drops us up to the camp. Students may be carrying everything so please make sure they pack well and only what they are able to carry.