

The programs can be very physical in nature and clothing can easily get muddy or damaged. Please encourage your students to bring old clothing or clothes that they don't mind getting dirty (no denim jeans). Please mark all the items they are bringing (medication etc.)

Overnight Camp	
✓	Item
<input type="checkbox"/>	T-shirts
<input type="checkbox"/>	Long-sleeved shirts
<input type="checkbox"/>	Shorts
<input type="checkbox"/>	Long pants / trousers
<input type="checkbox"/>	Swimming clothes
<input type="checkbox"/>	Waterproof jacket
<input type="checkbox"/>	Warm jumper
<input type="checkbox"/>	Underwear & socks
<input type="checkbox"/>	Clothes to sleep in
<input type="checkbox"/>	Hat / cap
<input type="checkbox"/>	Training / running shoes
<input type="checkbox"/>	Flip flops / slides
<input type="checkbox"/>	Notebook & pen
<input type="checkbox"/>	Bible
<input type="checkbox"/>	Water bottle (2 litre)
<input type="checkbox"/>	Small backpack
<input type="checkbox"/>	Sleeping bag & pillow
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Toiletries
<input type="checkbox"/>	Personal medication
<input type="checkbox"/>	Insect repellent
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Torch / headlamp

Additional items for F2, F3, F5, F6L, F6U, DofE and Rum Doodle	
✓	Item
<input type="checkbox"/>	Tent (waterproof) (students can share)
<input type="checkbox"/>	Cutlery (Knife, fork, spoon)
<input type="checkbox"/>	Dishes (Plate, cup and bowl)
<input type="checkbox"/>	Large backpack (60 litre)

Items Not Allowed

- Mobile phones
- iPods / Tablets (*only for journey from F3 - F6*)
- Jewellery
- Tuck
- Money

Important Information for DofE and Rum Doodle

- Bronze and Silver DofE students can hand in money to their house parents and then purchase expedition food at Chengelo stores.
- Gold DofE students are allowed to have money for food purchases en-route.
- Gold DofE students are allowed to have mobile phones.