

CAMP KIT LIST - Carrum Guides

THIS LIST IS DESIGNED TO HELP GUIDES WHEN PACKING THEIR OWN BAGS. ALL ITEMS MUST BE CLEARLY MARKED WITH OWNERS NAME.

- Sleeping bag plus inner sheet & blanket
- Jeans, slacks, track pants, shorts
- T-shirts, shirts
- Jumper, woollen jumper, wool busy jacket, windcheater
- Long waterproof coat & hat or hood (essential in all weather)
- Beanie & sunhat (September till April – Sunsmart Policy on sunhat)
- Sneakers & extra shoes (not sandals)
- Underclothes, socks, handkerchiefs (no tissues)
- Warm pyjamas or tracksuit
- Sanitary pads (in required)
- Soap, washer, hairbrush/comb, toothpaste/brush in waterproof bag
- Lip balm
- Torch & spare batteries
- Tea towel
- Book to read, notebook & pencil
- Bag for dirty clothes.

- Small pillow, air mattress or sleeping mat
- Plate (dilly) bag – drawstring bag containing 1 unbreakable plate, 1 cereal bowl, 2 mugs & (not aluminium) 2 knives, 2 forks, 2 spoons (1 teaspoon) – all clearly named

OPTIONAL

- Sunglasses
- Camera

GUIDE'S PERSONAL FIRST AID KIT

- Band-aids
- Sunscreen
- Insect Repellent
- Chap Stick
- Throat Lozenges (if needed)
- Personal Medication – named and to be lodged with the first aider