



Gear List - Centre-Based Program

Gear List – All equipment & clothing should be suitable for outdoor use, but does not need to be outdoor equipment branded, or new. It should be practical and of sturdy construction.

Please read all documents relating to Clothing and Equipment carefully. It is vitally important, for your SAFETY and the quality of your experience, that you take everything that is on the Equipment List and recommendations are followed.

General clothing:

- X2 Broad-brimmed hats - 1 that can get wet
- Collared long sleeve lightweight shirts
- Knee length shorts (not boardshorts, jeans or tracksuits)
- Enclosed shoes (make sure they have been worn in!)
- Warm jumpers (preferably wool or fleece)
- Warm & lightweight trousers
- Underwear & socks
- Waterproof raincoat
- x1 Set of clothes for water activities:
 - Full length t-shirt with sleeves
 - Knee length board shorts
 - Swimwear
 - Enclosed water-shoes

General items:

- ALL REQUIRED PRESCRIBED & OVER THE COUNTER MEDICATION - EXTREMELY IMPORTANT!
- X2 1 LTR WIDE MOUTH RE-USABLE WATER BOTTLES- EXTREMELY IMPORTANT!
- Torch & spare batteries
- Large strong garbage bags (for wet or muddy shoes & clothes)
- Day pack
- Personal watch (not a smart watch)

Toiletries:

- Toothbrush & toothpaste
- Soap / shower gel (in a container)
- x1 towel (Micro fibre recommended)
- MINIMUM SPF 30+ sunscreen!
- Insect repellent (no aerosol)

Optional items:

- Waterproof trousers
- Skins for mountain biking (to avoid chaffing)
- Chaffing cream

Sleep gear:

- Fitted Single Sheet
- Warm & lightweight sleeping bag
- Light & packable pillow

In summary, all your clothing and equipment need to serve five basic functions:

- 1. It must keep you warm.**
- 2. It must keep you and your gear dry.**
- 3. It must be as light as possible.**
- 4. It must be suitable for a range of weather conditions, including the extremes of heat and cold.**
- 5. It must offer skin protection from exposure to mosquito bites and UV radiation etc.**

When you are packing keep all these functions in mind!