

Adventure Centre Camp Packing List - Expedition

This document provides important information to assist in packing for camp. Please be aware this is not intended to be a comprehensive list of everything you could need.

Overnight Expedition

If you are staying overnight on our site, please ensure you also bring:

- Enclosed shoes suitable for hiking (joggers, hiking shoes/boots etc.)*
- Wet weather gear
- Hat
- Personal medication
- Sunscreen
- Insect repellent
- 2-3 Water bottles (need 2 litres total capacity min.)
- Bedding for camping (sleeping bag, roll mat and tent)*
- Toiletries (toothbrush, toothpaste, sanitary items etc.)
- Small travel towel
- Underwear and socks for each day
- Spare change of clothes (long sleeve recommended)
- Warm clothing (thermals, puffy jacket/fleece jumper, beanie etc.)
- Torch
- Mess kit for camping including plate, bowl, fork, knife, spoon, cup and tea towel (preferably sturdy picnic ware, please do not bring breakable or flimsy disposable items)
- Camp stove, pot and necessary cooking utensils (knife/chopping board)*
- Hiking pack
- 2 extra-large plastic bags (to waterproof pack appx. 120x80cm)

**Please do not bring/wear brand new shoes, make sure you wear-in new shoes at least 2 weeks before camp.*

**Roll mat, tent and stove can be hired with prior arrangement.*

For Outdoor Activities

If you are doing outdoor activities with us, please ensure you also bring:

- Extra pair of covered shoes for challenge valley (that can get wet and muddy)
- Extra pair of clothes for challenge valley (that can get muddy)
- Long sleeved tops and long pants for caving
- Swimmers and rash shirt for waterslide
- Hair ties for long hair

Sleeved shirts are recommended for sun protection. Outdoor activities may result in damage / soiling of clothing. Please ensure clothing is suitable for outdoor recreational use.

Extra Stuff

Here are some other things you might want to bring:

- Extra plastic bag (to take wet/dirty clothes home in)
- Sleep wear
- Sleeping bag liner
- Dry bag
- Biodegradable wet wipes
- Camera
- External battery pack

Please note we are an allergy aware site. **Do not** bring nuts or products containing nuts onto our site.