

# PARTICIPANT'S CHECKLIST (WHAT TO BRING FOR OVERNIGHT)



## Cabin items:

- Sleeping bag
- Single Sheet
- Blanket
- Pillow

## Clothing items:

- Warm clothing, including hoodie, long pants
- Pyjamas
- Any other clothing you don't mind getting dirty
- 2 pairs of sturdy shoes suitable for activities and getting wet
- Wet weather gear (Rain Jacket and Rain Pants)
- Togs (for water activities)

## Meal items:

- Plate, bowl, cup,
- Tea towel

## Bathroom items:

- Toothbrush
- Toothpaste
- Soap
- Hair products
- Brush/ comb
- Towel x 2

## General items:

- Day bag
- Sunscreen
- Insect repellent
- Torch and batteries
- Any medication you may require, plus spares, remember we do get wasps here!
- Camera (optional)
- Drink bottle

## **Please note:**

**Please make sure that you bring enough suitable clothes for wet and cold weather.**