

PARTICIPANT'S CHECKLIST (WHAT TO BRING FOR THE DAY)



Land-based/Water Activities:

- A pair of sturdy shoes suitable for activities that you don't mind them getting wet or dirty
- Shoes to get into after activities
- Warm jumper
- Rain jacket and Rain pants
- Sun hat
- Thermals/Polypro (in colder months)
- Rash vest (in warmer months)
- Togs (if doing water activities)
- Towel x 2
- Spare change of clothes

General items:

- Day bag
- Sunscreen
- Insect repellent
- Any personal medication, remember we do get wasps here!
- Drink bottle
- Camera (optional)
- Snack food, muesli bars, a piece of fruit

Please note:

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