

COLO OUTDOOR EDUCATION CENTRE

YEAR 9.

WHAT TO BRING

- Enthusiasm and cheerfulness
- Willingness to co-operate
- Commonsense

GEAR

- **Any prescribed medicines.**
- Sleeping bag if you have one of around -3°C rating, otherwise one will be lent for the camp. (Bring your inner sheet if you have one)
- 5 t-shirts.
- 1 flannelette or wool shirt, or football jersey.
- 2 warm jumpers (one preferably **fleece** or **wool**. Cotton and many synthetics are not suitable as they do not retain warmth when wet)
- 2 pair comfortable shorts (one preferably board shorts).
- 2 tracksuit pants or trousers (jeans are not suitable).
- 1 pair of joggers (plus walking boots if you have them, otherwise joggers will be fine). Please note that lace up shoes are required, Rabens are inadequate. Elastic side boots are not appropriate for the hike.
- 1 pair swimmers or board shorts.
- 3 pair socks – woollen “explorer” type; plus 3 other pairs of socks.
- Pyjamas.
- 5 sets underwear.
- **Cap** and sunscreen lotions.
- **Beanie.**
- Handkerchiefs or tissues.
- Toiletry bag with toothbrush and paste, soap, brush, non-aerosol deodorant.
- Towel.

- Non-aerosol insect repellent (RID is recommended).
- **Small torch, plus spare batteries.** (A head torch is ideal if you have one)
- **2 water bottles (labeled)**
- Camera (optional – it may get damaged).
- Uniform for sport training on return from camp?
- Thermals (if you have them. Don't purchase, we have some to loan boys if required)

A sleeping sheet, sleeping mat, pillowcase, tent, rucksack, raincoat, cooking gear and eating utensils will all be provided. Do not bring extra clothing or other items. You will not need them.

WHAT NOT TO BRING

- Bad manners.
- Selfishness.
- Lethargy.
- Mobile phones, iPods, MP3 players, electronic games etc.
- Any jewellery, cash or valuable personal items.
- Knives of any type.
- Aerosol cans.
- Matches or lighters.
- Do **NOT** bring any food or sweets (including chewing gum) or drinks. **All food will be provided.**