

COLO OUTDOOR EDUCATION CENTRE

YEAR 7 AND 8.

WHAT TO BRING

- Enthusiasm and cheerfulness
- Willingness to co-operate
- Common sense

GEAR

- Any **prescribed medications (labelled with name, dosage and frequency)**
- **Small torch**, plus spare batteries. (A headtorch is ideal, if you have one)
- Sleeping bag –5°C rating, otherwise we will loan you one. (Bring your inner sheet if you have one)
- 4 t-shirts (1 long sleeve).
- 1 flannelette or wool shirt, or football jersey.
- 2 warm jumpers (one needs to be **fleece** or **wool**. Cotton and many synthetics are not suitable as they do not retain warmth when wet). **Especially for terms 2-3.**
- 2 pair comfortable shorts (one preferably board shorts).
- 2 tracksuit pants or trousers (jeans are not suitable).
- 2 pair of joggers – one old that may get wet and one sturdy pair suitable for walking. (Please note that lace up shoes are required, Rabens are inadequate)
- 4 pair socks – **2 pairs woollen “explorer” type**, plus 2 other pairs.
- Pyjamas
- 4 sets underwear.
- 1 pair swimmers or board shorts.
- **Sunhat** and sunscreen lotions.
- Beanie. **Especially for terms 2-3.**
- Handkerchiefs or tissues.
- Toiletry bag with toothbrush and paste, soap, hairbrush, non-aerosol deodorant.
- Towel.
- Non-aerosol insect repellent (RID is recommended).
- 2 x 1 litre water bottles (labelled).
- 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 students if required) **Especially for terms 2-3.**

Provided.

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