

PUT YOUR NAME ON YOUR GEAR AND CLOTHES!

Use this sheet as a check list. *Items in italics are available from the centre*

PACKED	CLOTHES
	3 <i>Polypro/wool tops</i>
	2 <i>Polypro/wool long john</i>
	2 <i>Warm jerseys (fleece / wool)</i>
	2 Pairs shorts
	2 Pairs warm long trousers for activities - NO JEANS
	4 Changes of underwear
	1 Pyjamas or similar
	4-6 Pairs socks (thick woollen)
	1 <i>Windproof ,waterproof parka</i>
	1 <i>Waterproof over trousers</i>
	1 <i>Beanie (fleece / wool / polypro)</i>
	1 Sun hat
	2 Pairs strong shoes/trainers or boots (suitable for wet muddy conditions)
	1 Swim gear
	Changes of clothes for travel/evenings, including footwear

PACKED	GEAR
	2 Towels
	2 Large black rubbish bags
	Toiletries
	1 Warm sleeping bag
	1 Pillow
	1 Day Pack
	1 Torch and spare batteries
	Cards / Games
	1 Plastic water bottle
	Sunglasses in protective container
	Sun screen
	Notebook and pencil
	Insect repellent
	Personal first aid kit (plasters, strapping tape) and personal medication
	GIRLS remember your sanitary supplies
	Camera (optional)
	1 Cut lunch for the first day
	Home baking / packet of biscuits to share
	No radios or ipods allowed, however musical instruments are welcome. Cell phones don't work up here.

SOME COMMENTS ON CLOTHING

Some of the best experiences happen in challenging conditions, so you need to have suitable clothing for all weathers! If you do not have anything on the gear list try and borrow it rather than buy expensive items. You can also borrow the marked items from Kapiti Skills Centre if you do not have your own.

Clothing is most effective when we wear multiple layers, which trap in heat and can be removed easily when you get hot. Remember warmth is provided by the materials ability to trap body heat, the material itself doesn't provide the warmth.

FIRST LAYER - polypropylene / wool against the skin. A top and long johns, depending on weather and woollen socks. These fabrics help wick the water away from the skin to help keep you warm. **Cotton is no good** as, unlike polypro, it draws heat away from the body when wet and makes you cold or possibly hypothermic.

SECOND LAYER - one or two layers of fleece / wool for the top and long pants/polypro and shorts for the bottom if the weather's cold. These layers insulate your body heat and do not feel cold if they get wet. Don't forget a beanie and gloves! Jeans are not suitable, except in the lodge, as they are extremely heavy when wet and restrict movement. They are also made of cotton and remove heat from the body when wet. T shirt, shorts, sun glasses and sun hat if the weather is hot – you need to cover up as the sun is very strong up here.

THIRD LAYER - The water proof / wind proof layer. Jacket and over-trousers that are able to withstand a good dumping of rain. Goretex, Reflex and PVC are best. Nylon wind breakers and anything filled with dacron or down are generally NOT waterproof. If you are unsure about your jacket go outside with a bucket of water and test it before you come! Or you can borrow one from us!

FOOTWEAR – It is important to have sturdy footwear as we are often walking on uneven and slippery ground in the bush. Boots are good as they provide ankle support, but for many activities sturdy trainers are fine, providing they are done up tightly for support. Loose fitting skate shoes or ballet pumps do not do the job!

Remember you can borrow clothes from Kapiti Skills Centre if you do not have enough

FOOD Students are to bring their own lunch for the first day, after that all meals are provided.

BREAKFASTS We provide a selection of cereals and fruit, toast and spreads and something cooked.

LUNCHES Are mostly out in the field and are based around filled rolls and fruit.
There may be some soup and home baking too!

EVENING MEALS Are two or three courses finishing off with something yummy.
We will provide a vegetarian option if necessary. You need to talk to us well before the camp if you have other special dietary needs.

Water, juice, milo, and tea are available with all meals.
Snacks are available during the day.

Remember food is essential to provide energy and warmth for a busy programme.
Fluid intake is very important to avoid dehydration. Water is best - so eat & drink lots!