**Things to bring with you to camp**

**Bedding**

* Sleeping bag (blankets are not provided and doonas are not suitable)
* Sheet (a sheet is **essential** as the bunks have vinyl covers)
* Pillow

**Clothes and footwear**

* Waterproof jacket
* Slicker or showerproof jacket for sailing and canoeing (this should be lightweight and quick drying)
* Strong shoes (must be comfortable for hiking)
* An old pair of shoes (such as runners) or sandals that can get wet when sailing, canoeing or swimming (need to stay on your feet when walking in water). Thongs are not suitable for this. These should be **IN ADDITION TO** the shoes for hiking.
* Thongs or sandals
* Bathers
* Wide-brimmed hat
* 2 or 3 long-sleeved shirts
* 2 or 3 long-sleeved thermals – thin layers for cold weather or water activities, merino is great
* 3 pairs long pants
* Shorts
* T-shirts
* Underwear
* Socks
* Warm jumper (or 2)
* Woollen jumper which can get wet when sailing or canoeing
* Long sleeved T-shirt for sailing or canoeing on sunny days

**Other**

* Toiletries, including soap, toothbrush, toothpaste (makeup is not necessary)
* Any medication/prescriptions that may be required while you are at camp
* **Sunscreen (a must!!)**
* **Insect repellent (a must!!)** –RID or Bushman is best for mosquitoes
* Torch
* Sunglasses
* Back-pack (if you have one) – this is for carrying your clothes, sleeping bag, food, water, etc., on overnight trips
* 2 towels
* Water bottle (drinking)
* Camera (if you have one)
* Musical instrument (if you have one that is not electrified)

As we will be sailing and canoeing, it is important to bring some clothes that are OK to get wet. Wool is best as it stays warm when wet.

**Please do not bring ‘good’ clothes**. Icthus has black sand and the clothes you bring are likely to get VERY, VERY dirty. There is also potential to damage clothes during some activities.

**Pocket money is not needed**,as there will be no access to shops (you may want a small amount if you wish to purchase a drink or snack on the train trip).

***Mobile phones, Smart watches, MP3 players, iPods, radios and electronic games are not permitted to be used during camp*** – if you bring one you will need to hand it to leaders for safe keeping for the duration of camp. You will be able to access your mobile for calls home at suitable times.

***ALCOHOL, VAPES AND ILLEGAL DRUGS ARE STRICTLY FORBIDDEN***