

## What to Bring to The Summit!

### Bedding

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- Sleeping bag and pillow **OR** doona, sheets and pillow

### Personal Equipment

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- Torch
- Sunscreen
- Insect repellent
- Camera (optional for school students)
- Medication (if required) **NB make sure you have filled out the Medication form**
- WATER BOTTLE
- Plastic Bag - For dirty/wet clothes

**Clothing Note:** *Please allow extra warm clothing for winter programs - Programming will continue despite any bad weather*

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Clothing for outdoor or adventure programs should allow participants to be comfortable and protected in a range of weather conditions. Practicality is the emphasis rather than how fashionable clothes are. Unsuitable or ill-fitting clothes can impair participation and may be hazardous.

- Pyjamas
- Underwear x 4
- Socks x 4 pairs
- 2 x pairs of old runners (may get wet)
- Bathers
- T-shirts x 4
- Shorts x 3
- Jumper/Hoodie x 2
- Jeans/tracksuit pants x2
- Waterproof jacket x 1
- Sun hat
- Beanie (if weather forecast looks cold)

### Toiletries

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- Shampoo/Conditioner
- Soap
- Toothbrush & toothpaste
- Hair brush/Comb
- Towel

**SNACK AND LUNCH for the first day in a plastic bag!**