



Students will be completing expeditions to overnight campsites and will be required to carry their gear for some, or all, activities. **Somerset will provide all students with a suitable rucksack on arrival.** Please bring all clothing and equipment in a soft sports bag or similar. Gear will be repacked at camp into the rucksack and the personal bags and any extra gear will be stored at base camp until the completion of the camp.

Please refer to the [School Camp Fact Sheet 'Equipment Selection & Packing Tips'](#) for more information.

(*Marked items can be purchased and/or hired via our [online store](#) and issued upon arrival.)

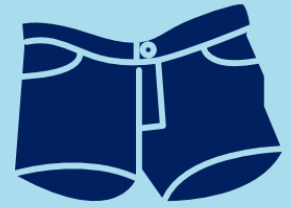
The following items are for the participant's well-being and **MUST** be brought to camp.

- Sleeping Bag (& Liner*)** Lightweight and compact. For programs in May to September ensure bag is warm enough for overnight temperatures (**a rating -5° to -10° is ideal, check your bag's tag**).
- Sleeping Mat*** A foam mat or self-inflating mat is suitable. Ideally lightweight, compact and **MUST fit inside your rucksack**. No yoga mats or pillows.
- Rain Jacket*** Must be waterproof, durable and cover to mid-thigh. Spray jackets, parkas, plastic raincoats and ponchos are not suitable.
- Closed-toe Footwear (2 Pairs)** **One pair MUST be sturdy, comfortable and have lots of grip.** Runners and hiking shoes are both suitable. Volleys, Rabens, skate shoes and other canvas shoes are **not suitable**. **Second pair MUST be able to get wet and dirty.** Old runners or 'aqua shoes' are suitable.
- Sun Hat** A compulsory item. We recommend a soft hat with a full brim. Sunglasses are optional. Caps are unsuitable as they do not provide adequate protection for the face and ears.
- 2 Water Bottles*** Bottles must be durable and leak-proof. **MUST** have the capacity to carry:
 - **3 Litres** for programs in October to April
 - **2 Litres** for programs in May to September
- Clothing** *Please select with respect to season and length of program (older clothing is ideal):*
 - Long-sleeved pants and tops – leggings and track/outdoor pants are ideal (no jeans).
 - Shorts & T-Shirts - collars are recommended (no crop or tank tops), shorts **MUST** be to mid-thigh and not too tight (denim is unsuitable).
 - Jumper/Jacket (1 minimum) - Polar-fleece material is best. Not too bulky or heavy.
 - Socks & Underwear – Thick socks are more comfortable. Ankle socks are unsuitable.
 - For programs in May to September: Thermals (top and bottom), beanie and gloves.
 - Swimwear – Sun top/T-shirt and swim-shorts must be worn, and a travel towel.
- Camera (optional)** Camera care is your responsibility (phone cameras are not allowed).
- Personal First Aid & Medication** Somerset Group Leaders carry a comprehensive first aid kit. Consider bringing band-aids and bite cream for personal use. Please bring strapping tape too, if routinely used. **Please bring any medications (prescription and non-prescription) that are routinely used. Details of medications must be listed on the medical form.** Medications are the responsibility of the group teacher to supervise.
- Torch*** A small compact torch with spare batteries (head torches are convenient).
- Toiletries** Think small. Include soap, toothbrush & paste, comb and personal sanitary items.
- Sunscreen & Repellent*** Small tubes. **No** aerosols.
- Garbage Bags** For waterproofing and/or storing wet gear. Large, heavy duty and any colour but black please, we use black for rubbish.

Please do not bring the following...

Singlets & short shorts

Reason: Inadequate sun protection



Thongs & flat-soled shoes

Reason: Inappropriate for activities



Mobile phones OR iPods/MP3 players

Reason: Risk of loss or damage.
There is no reception at Somerset.



Junk food OR energy drinks

Reason: Heavy to carry & lack nutrition



Money OR valuables

Reason: Nowhere to spend and could easily get lost during activities



Products containing nuts

Reason: We are a nut-aware camp to avoid exposing anaphylactic students



Stoves, aerosols & pocket knives

Reason: Stoves and knives are provided. Stoves and aerosols are a fire hazard; aerosols can also cause asthma attacks.

