



**\*Please note that the following list is a guide only**

**Rucksacks:** Students will be completing expeditions to overnight campsites. Rucksacks will be required to carry *some* of their gear. Equipment should be labelled and packed into a 65litre (approx) internal frame rucksack. If you have arranged for Somerset to provide the rucksack; please bring your clothes in a soft luggage bag.

Please take care in selecting those items marked in **bold** as they are essential for your well being.

<b>Pack</b>	65litre (approx) internal frame pack. <b>All equipment must fit <u>inside</u> the pack.</b> Travel packs and external frame packs are unsuitable.
<b>Sleeping Bag (with inner sheet)</b>	Ensure bag is warm enough. Use Richmond weather as a guide to temperatures. Somerset is usually cooler in winter and warmer in summer than Sydney. Pack in waterproof cover.
<b>Sleeping mat</b>	A foam mat is best. <b>Needs to fit <u>inside</u> the pack.</b>
<b>Lightweight Tent</b>	May be shared with other participants.
<b>Rainjacket</b>	<b>This is an essential item. Rainjacket must be waterproof,</b> tough and be long enough to cover to thighs. No ponchos, plastic or spray jackets.
<b>Footwear x 2</b>	<ul style="list-style-type: none"> <li>• 1 Pair needs to be sturdy, comfortable closed toe shoes with lots of grip (spare laces a good idea)</li> <li>• 1 pair of old shoes or 'water booties' for canoeing (able to get wet)</li> </ul>
<b>Sun Hat</b>	A soft hat with a wide brim or peak is recommended.
<b>Water Bottles</b>	<b>At 3 x 1 litre water bottles.</b> Leak proof and unbreakable. Water is available at each campsite.
<b>Food</b> Somerset is a <b>nut aware camp</b> – please do not bring any nuts or nut products ('traces of' are ok)	<b>Please make sure that sufficient food is carried for length of trip.</b> <i>Please check main meals for nuts as a main ingredient – these are not suitable. Where 'traces of nuts' only are specified – these are ok</i> <b>Please consider the fact that if a <u>fire ban</u> is in effect, all food must be suitable to be eaten cold. (Call 4575 1601 to check for fire bans)</b>
Clothing	<ul style="list-style-type: none"> <li>- Long sleeved shirt, long pairs of pants –evening wear.</li> <li>- Shorts and polo or t-shirt – Ones with collars are recommended.</li> <li>- Light Jumper – for warmth at night</li> <li>- Socks and underwear – Wool or cotton are best.</li> <li>- Swimwear – There is an opportunity to swim at most campsites. Students must wear shorts and swim shirt or t-shirt in the water.</li> </ul>
Torch	<ul style="list-style-type: none"> <li>- Should be small, light weight and fit into pack easily (not Dolphin style).</li> <li>- Include spare batteries and globe.</li> </ul>
Toiletries	Include biodegradable soap, Sunscreen and Insect Repellent, personal items
Garbage Bags x2	<ul style="list-style-type: none"> <li>- For waterproofing clothing and equipment.</li> <li>- Please <u>no black bags</u> – we use this colour for rubbish.</li> </ul>

## DO NOT BRING:

Please do not bring any electronic equipment (eg iPods), mobile phones, aerosols, jewellery, valuable watches, money or pocket knives. If bought, these items will be confiscated until the closure of camp.

**Please note:** Somerset cannot be responsible for the loss or damage of unnamed equipment or valuables/ items listed not to be brought to camp and lost property. It is reasonable to expect harsh wear on clothing.

**Medications** All medications should be listed on the medical form. Please attach instructions and name to medications and notify your Group Leader at the commencement of camp. Consider a bum-bag if medication, snacks or other equipment needs to be accessible at all times.

**Contacts** General enquiries call our Sydney Office (02) 9489 1487. After hours call the same number.

**Address** Camp: 411 Upper Colo Road, Colo 2756 Office: 9 Romsey St (Cnr Pattison Ave) Waitara 2077.