



Equipment Lists

- Please ensure you read the Equipment List. It details essential/recommended items, items that are not required at Camp and the items that Somerset provides.
- The Equipment List is on the Camp event page when you login. It is also as a link in your Confirmation Email, sent to you after you complete the Online Medical Form.
- To hire or purchase equipment after you have already completed the Online Medical Form, you can visit our [Online Store](#).
- All equipment will be labelled and waiting for your child/ward upon arrival at Somerset.

When you Arrive at Somerset

- Somerset Group Leaders will check your child/ward has all the necessary and essential equipment for the Program.
- Rucksacks are used for Duke of Ed and some School Programs.
- Please check the top of your Equipment List for details – your Equipment List will tell you if you are using a Rucksack or a Day Bag.
- Duke of Ed Program gear and equipment will also be checked and re-packed by the Group Leader as required.
- The Group Leader will assist with waterproofing (where required) and re-packing clothing and gear into Rucksacks.
- Any gear purchased or hired from Somerset will be allocated and packed at this point.
- Items brought to Camp that are not permitted (nut products, pocket knives, mobile phones, valuables etc.) will be requested, collected, then stored at Base Camp until the completion of the Camp.
- Somerset cannot accept responsibility for items not handed in that are subsequently damaged or lost.
- Excess items not required (extra clothes, the bag gear came to Camp in etc.) will be stored at Base Camp until the completion of the Program.
- If a Rucksack is being used, it will be adjusted to fit and weighed to ensure it is not too heavy.
- If you are struggling to get it right, your Group Leader will be able to assist you upon arrival.



Re-pack with Group Leader at Base Camp

Sleeping Gear

Sleeping Bag

- Sleeping bags should be good quality with a hood. Cheaper bags from department stores are not adequate.
- Sleeping bag rating should be 5° *lower* than expected temperature (check tag for temperature rating).
- Temperatures at Somerset are usually 1-3° hotter in summer and 1-3° colder in winter than Sydney. Use the Richmond weather forecast as a good indication.
- For the months of May to September sleeping bags will require to be at least a -5° rating.
- Sleeping bags should be compact and lightweight (less than 2kg).
- A compression sack is a great idea as the bag can be 'squashed' to be as small as possible.
- A sleeping bag liner adds insulation and helps keep the inside of the bag becoming too dirty or sweaty.

Sleeping Mat

- A mat is essential to provide a layer of insulation between the sleeping bag/ground.
- A simple foam mat is adequate & lightweight.
- Self-inflating mats are comfortable and suitable if further use is envisaged.
- Airbeds, inflatable-lilo or stretchers are not appropriate as they are too bulky and heavy.



Sleeping Mats and Sleeping Bag with Compression Sack

Shoes

Footwear

- 2-pairs are required – this is essential.
- Students will be walking (most likely bushwalking) over terrain that is uneven & often rocky/leafy. **Comfort, support** and **grip** are essential features of the shoes required to bring.
- Remember to select thick, comfortable socks as this helps in the prevention of rubbing and blisters.

For Camp Activities and Hiking:

- Hiking shoes or boots are best as they provide ankle and arch support, and have good grip.
- Runners/sneakers are fine if they are for running/cross-training. Basketball or flat-sole shoes are not.
- Street shoes like Volleys/Rabens/Vans are not suitable as they have little to no grip & are flat-soled.
- Shoes are likely to be exposed to harsh or dirty wear - bring ones that you don't mind spoiling.

For Water Activities:

- 'Aqua' shoes are best as they are flexible, enclosed, lightweight and dry relatively easily.
- Raben or similar street shoes are fine as water shoes - bring ones that you don't mind spoiling.
- Thongs and crocs are not suitable as they are not enclosed.



Footwear selection for Camp Somerset

Clothing : Comfort & suitability is better than fashion. Clothing will be subject to harsher than normal wear.

- Select in respect to the duration of the Program, the season and the predicted weather.
- Weight is important. Select in respect to 'Rucksack' or 'Day Pack' on the Equipment List. 'Rucksack' gear is to be carried by you. 'Day Pack' gear will be transported by vehicle.

Rain Jackets

- Essential for School Camps and Duke of Ed Camps regardless of the forecast.
- A good quality, lightweight, seam sealed raincoat with hood is required.
- Ponchos, parkas, coats or raincoat with fabric lining are not suitable.
- Mid-thigh length is ideal, or at least covering bottom - any shorter and clothing will get too wet.
- The raincoat must be well-fitted but with enough room for clothing underneath.

Sun Hat and Sun Protection

- A hat is essential, even for May to September Programs.
- Choose a hat with a brim – caps don't really provide adequate protection.
- Sunscreen with a 50+ sport variety is best. Sunglasses are a good idea too.

Shorts and T-Shirts

- Collared shirts are recommended.
- Shorts must be at least mid-thigh length and not too tight.
- Denim shorts are not suitable as they are too heavy and don't dry easily.
- A set of shorts & t-shirt per day is ample. For expedition style Programs, 2 days wear per set is typical.

Long Sleeved Tops and Pants – October to April

- Useful for sun and/or insect protection ... useful for cooler nights, wet weather cool, etc.
- Ensure they are lightweight and not too bulky.
- Jeans are not suitable – too heavy, retain moisture, don't dry easily, uncomfortable.
- Leggings, outdoor pants, lightweight tracksuit or sports pants are good options.
- Outdoor shirts, long-sleeved t-shirts or 'skivvy' tops are good options.

Long Sleeved Tops and Pants – May to September

- Essential - Used for warmth in the evenings and mornings.
- Jeans are not suitable – too heavy, retain moisture, don't dry easily, uncomfortable.
- Leggings, outdoor pants, thermal pants, lightweight tracksuit or sports pants are good options.
- Thermal tops, long-sleeved t-shirts or 'skivvy' tops are good options.

Jumpers/Jackets

- Always bring at least one jumper – even October to April.
- Fleece material is best.
- For colder months it is good to "layer". 2 to 3 layers of thermals / fleece instead of one massive jacket.

Socks

- 1 pair per day and a spare set.
- Ankle socks are not suitable. Thicker sport socks are the best bet.
- Consider specifically designed hiking, moisture-wicking socks if you will get future use.

Swimwear

- A sun-top / rash-vest & shorts must be worn over your swimming costume (for both boys and girls).
- A small pack or travel towel is a good idea.

Toiletries (you really won't need much and why carry extra weight?)

- Shampoo (hotel size). If there's a chance to shower, shampoo will do for body wash & hair (no soap).
- Small toothbrush & paste (you can cut-off handle & squeeze most out of the tube if you'd like).
- Sunscreen and insect repellent – don't choose massive tubes. No aerosols.
- Sanitary items.