



# SCHOOL CAMP RUCKSACK EQUIPMENT LIST

**Somerset will provide all Students with a suitable Rucksack at Camp.**

Please bring ALL clothing & equipment in a soft sports/duffle bag or similar.

All gear, including Sleeping Bag & Mat must fit INSIDE the Rucksack.

**The following items are for the Participant's well-being and MUST be brought to Camp. Essential items not brought to Camp will be organised by Somerset at the Parent/Carer's expense.**

**TICK** \* Marked items can be purchased and/or hired via our Online Store. Items will be labelled for the student and issued upon arrival.

<b>Sleeping Bag *</b>	Lightweight & compact. (For Programs in May to September ensure bag is warm enough for overnight temps. Temp/Comfort Rating to at least -5°C. Recommended -5°C to -10°C, check your bag's tag).
<b>Sleeping Mat *</b>	A <b>hiking-style</b> Foam mat or Self-Inflating mat. Lightweight, compact, not more than 1cm thick. Inflatable/compressible travel pillows only may be brought to Camp.
<b>Rain Jacket *</b>	Must be waterproof, durable and long enough to cover to approx. mid-thigh, with a hood. Spray jackets, parkas, plastic raincoats and ponchos are not suitable.
<b>Closed-Toe Footwear</b> (2 pairs)	<ul style="list-style-type: none"> <li>• <b>One pair must be sturdy, comfortable and have lots of grip.</b> Cross-training sneakers and hiking shoes are both suitable. (Volleys, Rabens, skate shoes and other flat-soled shoes ARE NOT suitable).</li> <li>• <b>Second pair must be able to get wet and dirty.</b> Old runners, cheap canvas or 'aqua shoes' are ideal. (Crocs, Thongs and other open footwear ARE NOT suitable).</li> </ul>
<b>Sun Hat</b>	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, neck and ears.
<b>Water Bottles * or Bladder</b>	Must be <b>Durable, Screw-top and Leak-proof. No need to bring full – can be filled at Camp.</b> You will need to bring bottles that have a combined capacity to carry: <b>3 Litres</b> for Programs in October to April. <b>2 Litres</b> for Programs in May to September.
<b>Clothing</b>	Select items with respect to <b>Season, Program length and Outdoor Activities</b> (older clothing is ideal): <ul style="list-style-type: none"> <li>• <b>Long Pants &amp; Long-sleeved Tops:</b> Leggings, track/outdoor pants are ideal (no jeans-denim is unsuitable)</li> <li>• <b>Shorts &amp; T-Shirts:</b> Collars are recommended (NO singlet, crop, tank or 'muscle' tops).</li> <li>• <b>Leggings &amp; Bike Shorts:</b> Shorts must be at least to mid-thigh and not too tight.</li> <li>• <b>Jumper/Jacket</b> (1 minimum): Polar-fleece (or down) material is best. Not too bulky or heavy.</li> <li>• <b>Socks &amp; Underwear:</b> Thicker socks are more comfortable. Ankle socks are NOT suitable.</li> <li>• <b>Programs in May to September:</b> Thermals (top and bottom), beanie and gloves.</li> <li>• <b>Swimwear:</b> Rash vest/T-shirt and swim-shorts must be worn over swimmers. Bring a small travel towel.</li> </ul>
<b>Torch *</b>	A small compact torch with spare batteries (head torches are most convenient).
<b>Toiletries</b>	Think small. Include toothbrush & paste, comb/brush, deodorant (roll-on / paste) and personal sanitary items. If bringing wipes they <b>MUST</b> be disposed in rubbish/sanitary bins - do NOT flush into toilets). <i>On some Programs / at some times, there may be a chance for showers for some groups as they traverse through Base Camp – please bring a small soap/shampoo just in case.</i>
<b>Sunscreen and Insect Repellent *</b>	Small tubes. <b>No aerosols.</b>
<b>Plastic Garbage Bags or Dry Bags</b>	For waterproofing and / or storing wet gear. Large, heavy duty and any colour except black (we use black for rubbish).
<b>Personal First Aid &amp; Medication</b>	<ul style="list-style-type: none"> <li>• Somerset Group Leaders carry a comprehensive First Aid Kit.</li> <li>• Bring medications (prescription &amp; non-prescription) that are routinely used. Details of these medications must be listed on the medical form. Medications brought to Camp must have name and instructions attached. Please bring your own strapping tape, if routinely used.</li> <li>• <b>Notify the Group Teacher</b> on arrival to Camp of any medications brought and also advise them when and if any are taken whilst on Program. <b>The accompanying School Staff member will follow be responsible for the supervision and reminding of/assistance with administration of medications and will follow School processes.</b></li> </ul>

Please refer to the [Equipment and Clothing Selection Fact Sheet](#) for more information.

## Key Points to Note

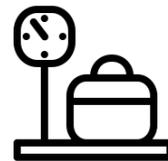
### Somerset will provide all Students with a suitable Rucksack on arrival

Please bring ALL clothing & equipment in a soft sports/duffle bag or similar.  
Gear will be repacked at Camp into a rucksack. This rucksack will move with the participant whilst at Camp.  
Personal bags and any extra gear will be stored at Base Camp until the end of the Program.



### Pack Light – be mindful of Space

Participants will complete bushwalking and/or canoeing journeys to Overnight Campsites, and will be required to carry the rucksack on their back and/or in the canoe on these expeditions.  
Weight limits are approx 12-16kg. (incl. full water bottles), dependent on the length of the journey.  
(At other times the rucksacks may be transported by Somerset in trailers / vehicles).



### Clothing & Equipment – choose with respect to Season, Length and Type of Program

Please be mindful what is packed is to be appropriate to the weather & the nature of outdoor activities.  
Otherwise Students may be wet/cold/sunburnt, or uncomfortable, etc.



### Refer to our website and 'BLOG' page for School Camp Information, Facts, Tips and Tricks

Containing a wealth of valuable information and will answer many of your questions.  
Equipment reviews, packing tips etc. [Blog Page](#).



### Visit our On-line Store

Through our online system you may hire and purchase gear that you don't have.  
This gear will be labelled and ready for the participant upon arrival at Camp. [Online Store](#).



## Please **DO NOT** bring the following items to Camp

### Singlet Tops, Crop Tops, Tank and Muscle Tops. Short Shorts.

Inadequate sun protection and not "outdoor activity" friendly nor comfortable.



### Crocs, Thongs & Flat-soled Shoes

Inappropriate and unsafe for activities and campsites.



### Mobiles, PDA's, iPods/MP3 players, Apple watches, Cameras etc.

Risk of loss or damage. There is NO reception or Wi-Fi available.  
Contact to/from School and Parent/Carer contact is available if required.



### Junk Food OR Energy Drinks

Heavy to carry & lacks nutrition. Attract insects. Allergy risk.  
Plenty of food is provided!



### Money OR Valuables

Nowhere to spend and easily lost or damaged during activities.



### Products Containing Nuts/Peanuts or Nut/Peanut Ingredients

We are a nut-aware Camp to reduce exposing anaphylactic participants.



### Stoves, Aerosols, Matches/Lighters, Heat Packs & Pocket Knives

Knives and other cooking utensils etc are provided.  
Aerosols are a fire hazard, can cause asthma attacks & not environmentally friendly.

