



Nepean Adventure Centre

Gear Checklist

(3 Day Centre Program)

- 4 T-shirts (no mid-riff or sleeveless shirts allowed)
- 4 Pairs of shorts
- 2 Long sleeve shirts or jumpers
- 2 Pairs of long pants for cold weather
- Spare socks & underwear
- 2 Pairs of sensible joggers or boots (1 pair that you can get wet – **NO Thongs**)
- Pyjamas
- Pillow & pillowcase
- Sleeping bag or sheets with blanket
- Toiletries
- 2 Towels (1 for showers & 1 for outdoors)
- Swimmers (Board shorts & Rashie)
- Torch (make sure it is working before you bring it on camp)
- 2 Plastic bags to put dirty or wet clothes in
- Mess kit (plate, bowl, knife, fork, spoon, cup & tea towel)
- Optional – Camera & Souvenir Money

Day Pack with the following:-

- Water bottle
- Sunscreen & Insect Repellent
- Hair tie for activities (if you have long hair)
- Hat or cap & beanie
- Raincoat