

STUDENT EQUIPMENT LIST

GENERAL STUDENT REQUIREMENTS:

- 2 Towels
- 2 Sheets (1 upper and 1 fitted sheet works well) OR 1 sheet and 1 doona cover
- 1 Pillow slip
- 1 Pair Pyjamas / Nightie,
- Toiletries (toothbrush, toothpaste, comb, handkerchiefs, etc.)
- Sun protection cream, bandaids and leukoplast
- 1 Torch, new batteries and spare globe
- Plastic lunch box
- Water bottle (1 litre plastic). An empty soft drink bottle may suffice.
- Watch (if you have one)

CLOTHING REQUIRED AT CAMP FOR ACTIVITIES

Even in summer Rubicon can be cold and wet. We emphasize that suitable warm clothing is essential for safety and full enjoyment of activities - old clothing in good repair is suggested. 3 jumpers. Polar Fleece or Lightweight wool is ideal.

- 2 - 3 long-sleeved shirts.
- 2 - 3 pairs comfortable shorts.
- 5 pairs socks (at least 3 woollen/synthetic blend pairs)
- 2-3 pair tracksuit pants
- 1 set of underclothing per day
- sunhat
- sunglasses (UV rated)
- swimming togs
- footwear - a pair of runners, an old pair of shoes for wearing in water, and a pair of comfortable, casual shoes
- "T" shirts; (as a Sunsmart school, singlet tops must be worn under another garment)
- woollen gloves and beanie.

ADDITIONAL CLOTHING FOR WINTER PROGRAM

- 1 synthetic fleece ("polar fleece") jumper or lightweight woollen jumper
- 2 pairs wool socks
- singlets or vests or polypropylene thermal underwear.
- woollen balaclava or beanie
- 1 pair synthetic tracksuit or wool pants (cotton pants or jeans are definitely not suitable for snow activities).
- thick woollen mittens (must be water resistant. Synthetic or leather gloves are useless when wet).

OPTIONAL

sandals - in summer	camera and film
walking boots	slippers
musical instruments, CD's or cassettes	reading books
personal wetsuits	wet boots
small thermos (ski camps)	thermal underwear (if you own some)

DO NOT BRING

Mobile phones, personal music players eg ipods, MP3 players and portable radios must not be brought to Rubicon Outdoor Centre. CD's may be brought, and played on the Centre's audio equipment.

NOTES ON CLOTHING

Suitable clothing is vital for students' enjoyment and safety. The following information contains a few hints as to the best types of gear to bring.

Footwear

Walking boots are suitable if you have a pair, but they must be well worn-in and comfortable. Leather with a rubber sole and tread are the best.

Runners with thick soles are also acceptable for bush walking, but not for horse riding. If students have horse riding boots, they should bring them.

Jumpers

Warm jumpers are important in both summer and winter. School jumpers, army jumpers and woollen football jumpers are very good. Cotton windcheaters lose their warmth when they get wet and are only suitable for wear around camp. The newer synthetic fleece jumpers are very good (watch out for the cheaper ones which often contain a high percentage of cotton. At least two woollen jumpers or a polar fleece must be brought in winter.

Shirts

Long-sleeved, for protection from sunburn, and scratches from the scrub; woollen (or flannelette/brushed cotton as second choice).

Trousers

Synthetic tracksuit pants which allow stretching are highly recommended in winter for bushwalking, skiing, and canoeing.

Woollen trousers such as ex-army are suitable as they tend to repel water and retain warmth, even when wet.

Cotton tracksuit pants and jeans are unsuitable because they absorb water and conduct heat away from the body.

Socks

Woollen or wool/synthetic blend. It is necessary to have plenty of warm comfortable socks, especially in winter.

Singlets

Polypropylene thermal underwear available from all outdoor stores and most camping and disposal stores is very good, especially for the winter camps. Alternatively a singlet or vest suitable to be worn next to the skin will aid warmth.