

Essential Equipment

- Tick **What to bring:**
- ☐ Sleeping bag
 - ☐ Day pack
 - ☐ Water bottles
 - ☐ Toiletries
 - ☐ Torch
 - ☐ Personal first aid kit (see also below)
 - ☐ Dining kit
 - ☐ Towel
 - ☐ 6 Garbage bags
 - ☐ Small garbage bag
- Why:**
- To keep you warm at night!
- To carry raincoat, water, 1st aid kit etc - school bag size with 2 shoulder straps
- Enough to carry 2 litres of water – include a bike bottle if you're bike riding
- Toothbrush, toothpaste, soap, sanitary needs etc – don't bring spray cans
- There are no lights in the tents at night – bring spare globe and batteries
- For minor cuts and scratches - bandaids, roller bandage, sunscreen, insect repellent & personal medications eg current asthma or bee sting medication, strapping tape, knee-guard
- Knife, fork, spoon, plate, bowl, mug, tea towel, all in a drawstring bag – don't bring disposable ones
- Bath or beach towel & hand towel
- For wet and dirty clothes, waterproofing gear in your pack
- Eg Coles bag – to take home personal rubbish

Essential Clothing

- What to bring:**
- ☐ Shorts
 - ☐ T-shirts
 - ☐ Long pants
 - ☐ Long sleeved shirt
 - ☐ Walking boots or runners
 - ☐ Spare old runners
 - ☐ Socks
 - ☐ Underwear
 - ☐ Jumper
 - ☐ Hat, sunnies
 - ☐ Raincoat (see also below)
 - ☐ Beanie
 - ☐ Swimmers
 - ☐ PJ's
- Why:**
- Must not be short shorts** – shorts can ride up when wearing a harness (used for high ropes activities)
- Must have sleeves** - & extend below shorts/pants – to protect shoulders from sunburn, backpack straps, harnesses (in some high rope activities)
- Light cotton or track pants (don't bring denim – it is heavy and it doesn't dry out easily) – for cool nights & some high rope activities
- For sun protection - especially for canoeing
- Need to be comfortable
- For water activities (they will get wet) and must stay on in the water (thongs are no good!)
- Thick socks that extend above the ankles give better protection from blisters, leeches and sticks
- Enough to last the camp
- Thin woollen/microfibre jumper or thermal top - for warmth even when wet
- For sun protection – wide brimmed hat is best *see also below
- Good quality** that will keep you dry
- For cold winter nights
- Or track pants and t-shirt to sleep in

Extras

- ☐ Lunch?
 - ☐ Camp sleep mat
 - ☐ Spare jumper
 - ☐ Camera
 - ☐ Pillow
- Check with your teachers whether you need to bring lunch on the first day
- We will supply one if you don't have your own
- For winter
- For good memories
- For comfy sleeps

Some extra information to help you plan what to bring –

and what to leave at home

Raincoats

Although Mebbin is in sub-tropical Northern NSW temperatures often fall below zero at night and atop Mt Warming (wind chill) - especially during winter. In the interests of group safety therefore every participant must carry a reasonable quality rain coat. In the interests of good health, garbage bags and coats of similar weight material are not acceptable safety garments. Students without raincoats may be required to hire one (for \$10) or be withdrawn from the activity/camp.

Clothing

Clothing quantities depend on the length of program. This list covers the essential items which must be worn or brought to camp. If you don't bring a hat – or the hat you bring is not appropriate - we will require you to buy one of our sunhats (\$15 each).

First Aid Kits

Students are expected to be responsible for carrying a small 1st Aid Kit as in the list above. If you are allergic to bandaids or strapping tape please bring a supply of non-allergenic tape for your use. Teachers and/or Outward Bound @ Inter-Action staff will carry comprehensive First Aid Kits. Pain killers or prescription drugs must be handed in to teachers.

DO NOT BRING:

- ☒ Any item contrary to school rules... alcohol, cigarettes, and recreation drugs
- ☒ Valuable watches or jewellery
- ☒ Aerosol cans, matches, lighters
- ☒ Hair dryers
- ☒ Thongs or sandals
- ☒ Knives/sling shots
- ☒ Lollies or chewing gum
- ☒ Electronic equipment i.e. iPods, or mobile phones and why not??

At Outward Bound @ Inter-Action, one of our aims is to establish a “mini-community” where each activity group takes responsibility for developing a self-sufficient, smooth running team. We often begin by creating a working agreement with the group where they set guidelines and expectations for individual and group behaviour. During the program many of the experiences and achievements enhance this process of group development.

With this in mind, we ask that students don't bring electronic equipment such as iPods and mobile phones. The introduction of any of this equipment into the process of group development brings in outside influences which dilute the effectiveness of the team building process.

If students (or their parents) are concerned about issues of communication for safety reasons – all our instructing staff carry appropriate communication devices (UHF radios, 3G or Sat phones, SPOT GPS satellite messengers) when away from base camp. There is also a phone at base camp for contact with the school or parents if necessary.

We ask that teachers, parents and students support us in this area by not bringing electronic equipment on Outward Bound @ Inter-Action programs.

Taking home your own rubbish

Because Outward Bound @ Inter-Action operates in the bush we need to take care of the disposal of all the rubbish that comes to the site – we don't have a rubbish collection service. We aim to operate in an ecologically friendly and sustainable manner so that we can walk lightly as an Australian company concerned for the environment.

We ask that our visitors take home all the rubbish they bring with them, rather than dumping it in the bin. The exceptions will be material such as food scraps (which we will compost), and any sanitary items (which we will dispose of).

There is nothing that we ask students to bring on camp that should generate rubbish. A small rubbish bag (e.g. a Coles shopping bag) for each person to place any personal rubbish in, and a willingness to co-operate with us in this area, should be all that is needed.

Thanks for your help

We look forward to seeing you on camp