

Personal Gear List for Forest Lakes Camp

Enough clothing for 5 days and 4 nights

- Cut lunch and drink (for Monday)
- Comfortable boots/shoes/ running shoes for activities
- Warm sleeping bag, suitable for cold conditions
- Pillow case
- T shirts
- Sweat shirts
- Shorts x 3+
- Woollen jersey or polar fleece
- Warm top, polyprop or skivvy
- Long pants x 2 or 3 – jeans, polyprops or trackpants
- Sun hat
- Stormproof parka/coat
- Socks
- Underwear
- Toilet gear
- Unbreakable drink bottle
- Medication such as inhalers or migraine medication, bug repellent (if required) – **Recommended** – Antihistamine like Loratab or nose spray, it is a very high pollen area and the horses are problematic too for those sensitive
- Sun block – At least 30+** Essential – and not provided by the school
- Bath Towel and towel for activities like mudslide
- Shoes to wear in the water at kayaking – Essential!!** These shoes should be old runners, some water shoes aren't sturdy enough and come off in the water.
- Torch
- Nightwear
- Handkerchief / tissues
- Togs x 2** (for swimming and old ones for mudslide) and towel
- Notebook and pencil case, reading book
- Light shoes / slip on for night time and inside use – as no shoes are allowed inside
- Minimum of 2 plastic bags for storing washing etc.
- Polyprops to wear** if weather is colder (which is provided) – with the togs (it gets very cold in the water)

Optional items

- Sunglasses
- Pegs for washing (There is a line available)
- Outfit for the disco (can be accessories)