



## YMCA APOEC Programme Gear List

The below gear list is just a suggestion of what would be good to have on your camp. If you cannot source some of the equipment talk to your school as they may have spare, or we may have spare here at APOEC.

**Please note that the following list has been designed for a three day programme; please adjust accordingly for different durations.**

\*All equipment & clothing should be suitable for outdoor use, and of sturdy construction.

General Clothing	✓
T-shirts & shorts - including at least 1 set to get wet/muddy. <i>Full length t-shirts with sleeves are required for activities (i.e. no singlets or mid-riff/crop tops)</i>	
2 pairs of enclosed lace up shoes/sports sneakers/boots – including 1 pair to get wet/muddy. <i>Jandals, "scuffs", slip-ons, crocs or sandals are not acceptable for activities, only for lodge use.</i>	
2 good jumpers (preferably fleece or wool, not cotton, including at least 1 that may get wet)	
1 pair of warm trousers	
Wide brim hat (willing to get wet)	
Underwear for each day	
Socks – 1 pair for each day and 1 spare pair	
Waterproof raincoat - not a poncho or garbage bag <i>Optional / recommended: Waterproof overpants</i>	

**\*\* Please ensure items of clothing and towels are named.**

Sleeping Gear	✓
Sleeping bag or sheets/blanket (none are supplied)	
Pillow (none are supplied)	

<p><b>Do NOT bring ANY of the following:</b></p> <ul style="list-style-type: none"> <li>&gt; Mobile phones</li> <li>&gt; Valuables such as jewelry as it may get lost</li> <li>&gt; Electronic games or CD/MP3 players</li> <li>&gt; Chewing gum, lollies etc</li> <li>&gt; Any wifi compatible device</li> </ul>
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General Items	✓
Any prescription medication you need <b>***EXTREMELY IMPORTANT***</b>	
Day pack to carry personal items, water bottle, sunscreen and snacks	
Torch and spare batteries (preferably head torch)	
Garbage bags for wet and muddy gear	
2 one litre wide mouth water bottles are essential (preferably not disposable bottles) <b>***EXTREMELY IMPORTANT***</b>	
<i>Optional: A personal watch; camera (a waterproof disposable camera is ideal)</i>	

**\*\* You will also need to pack a normal school lunch for the first day of camp.**

Toiletries	✓
Toothbrush/toothpaste	
Soap in container/shower gel/shampoo/conditioner	
Towel	
Minimum SPF 30+ Sunscreen	
Roll on deodorant (NO aerosol)	
<i>Optional: Insect repellent (NO aerosol)</i>	

<p><b>Why Not Cotton?</b></p> <p>Clothing keeps you warm by trapping air next to the skin. When cotton gets wet from sweat or rain, it absorbs all of the water filling up all of the air pockets in the fabric, thus ceasing to insulate the body when the air is colder than your body temperature. Merino wool naturally wicks away sweat from the body and breathes well; it is best at insulating and feels warmer when damp or wet. Synthetic garments such as polypropylene, polyester or "propriety blends" may not feel as warm as wool garments when wet, but they are usually cheaper, lighter and pulls sweat away and dries out faster than wool.</p>
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