

## **ADVENTURE PROGRAMME GEAR LIST**

MUST HAVE:	1	
Sleeping bag		
Pillow & pillow case		
Toiletries		
Towel		
Swimming togs		
Personal clothing		
Warm Fleece/Insulated Jacket		
Socks – woollen or thermal		
Tramping boots and/or sturdy sneakers		
1 set of old clothes (incl. long pants)		
Drink bottle (1 Ltr min)		
DO NOT BRING:	Х	
Chewing Gum		
Alcohol or Drugs		
Expensive stuff you don't want broken or lost		

GOOD TO HAVE:	1
Polar-fleece top and long pants	
Thermal top & leggings – NOT COTTON	
Woollen hat / fleece beanie	
Slippers or other indoor shoes	
Sun hat	
Sunblock and lip-screen	
Sunglasses (especially for snow)	
Gumboots or Spare old shoes	
Waterproof raincoat and rain-pants	
Overalls	
Torch and batteries	
Day pack	
Snow pants and jacket *(winter)	
Top sheet (in summer heat)	
Bed roll *(off site overnighter)	
Tramping pack *(off site overnighter)	
Single Sheet to cover mattress	

\*only needed for winter or overnight trips

**BLUE MOUNTAIN ADVENTURE CENTRE** provides ALL other specialist gear and equipment required for activities – i.e. wetsuits, helmets, lifejackets, tents etc.

Your participation in a programme at BMAC is reliant on you having the clothing and equipment listed above. Cotton type clothing is <u>not</u> acceptable for most activities but OK for free-time around camp. For those of you who do not have / are unable to borrow, BMAC has some of the following gear available.

Raincoats	Tramping/mountain boots	
Polypro tops/pants	Sleeping bags	
Foam sleeping mats	Tramping packs	
Fleece jerseys	• Torches	
Mountain jackets	• Sunglasses	

There is no shop or internet reception at camp- **Please be prepared to hand in your electronic or music devices for the duration of your stay.** Cameras are permitted.

A drying room is available to dry wet clothing.

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