

SUNDAY CREEK CAMPSITE



Wilderness Trek Packing List

What to Bring	Personal Notes:	Check items off as you pack
Light weight long pants and a T-shirt or Polo for walking		
Warm clothes for cold evenings		
Shoes for bushwalking: lace up, comfortable, correct size and good grip		
Socks: Ankle covering		
Underwear		
Toiletries		
Bowl and Cup for hot foods and liquids: Light weight metal or plastic		
Fork and Spoon		
Hat		
Swim wear and small towel		
Second pair of shoes: For creek crossings – wet shoes or old pair of lightweight closed in shoes		
Small torch and sufficient batteries		
Morning tea and Lunch for the first day		

Optional Items:

- Rain Jacket/Raincoat if you have one (Ponchos are supplied by the centre)
- Beanie/Gloves/Thermal underwear (for winter treks)
- Insect repellent if written parental consent is given through school's consent forms
- Flip flops/thongs for around campsite
- Some personal snacks – no excess packaging or wrappers

MEDICATIONS: If you require regular or emergency medication (i.e. behavioural, asthma or allergy medications) this should be given directly to the teacher in its correct packaging inside a clearly labelled zip lock bag with dosage size and frequency

IMPORTANT: *Aim to only pack the items listed above to ensure a safe and comfortable total backpack weight.*

Banned Items: Cigarettes, knives (any type), drugs and alcohol, electronic devices (phones/ipods/mp3 players etc). If any of these items are found during the Trek, they will be confiscated and appropriate authorities will be notified.

Equipment Supplied by Sunday Creek:

- Backpack
- Sleeping Bag
- Sleeping Mat
- Inner sheet (to go inside sleeping bag)
- Poncho (raincoat)
- Tent (single person)
- Methyated fuel stove and fuel (shared between two)
- 2 water bottles – 2.5L carrying capacity