

Things to bring to Nayook

Clothing:

- ☐ Thermals
- ☐ Thin and thick socks x 5
- ☐ Underwear for each day
- ☐ 2-3 Long sleeved shirts with collar
- ☐ 2 - 3 Pairs loose fitting synthetic long pants or shorts (not jeans)
- ☐ Jumper (polar fleece or wool) X2
- ☐ Strong shoes for walking (hiking boots or sports shoes, *not* converse, volleys or similar)
- ☐ Spare shoes for around camp (volleys are fine for this, but nothing flimsier)
- ☐ Hat
- ☐ Beanie (wool/fleece)
- ☐ Gloves (wool/fleece)
- ☐ Sunglasses

Sundries:

- ☐ Water bottle (1 litre)
- ☐ Sunscreen & lip balm
- ☐ Repellent
- ☐ Medications
- ☐ Spare glasses if needed
- ☐ Toiletries
- ☐ Towel
- ☐ Watch

Bedding:

- ☐ Sheet
- ☐ Pillow
- ☐ Pillow slip
- ☐ Sleeping bag

If you are camping out:

- ☐ Torch and spare batteries (alkaline)
- ☐ Water bottle (2+ litres, in addition to one above)
- ☐ Garbage bags x 5
- ☐ Personal First Aid kit

If you are paddling:

- ☐ Old runners or wetsuit boots to get wet and muddy (converse/volleys are fine but nothing flimsier)
- ☐ Towel
- ☐ Bathers

If you are caving:

- ☐ Old runners to get wet and muddy
- ☐ Set of old clothes to get *very* dirty

Things not to bring:

- ☐ Extra food
- ☐ Lollies
- ☐ Electronic devices esp. mobile phones (no reception anyway)
- ☐ Deodorant spray cans (roll on is fine)
- ☐ Cotton clothes, esp. jeans
- ☐ Flimsy shoes with no support or protection
- ☐ Sandals and thongs