

THINGS TO BRING TO RUBICON

CLOTHING:

- ☐ 2–3 jumpers (polar fleece or wool)
- ☐ 2–3 pairs of loose fitting synthetic long pants or shorts (not cotton i.e. jeans)
- ☐ 2–3 long sleeved shirts with collar
- ☐ 3–4 t-shirts (not singlets)
- ☐ Thermals
- ☐ Underwear for each day
- ☐ 5 pairs of thin and thick socks (not ankle socks, wool socks in winter)
- ☐ Strong shoes for walking (hiking boots or sports shoes), spare shoes for around camp and old runners to get wet and muddy
- ☐ Pyjamas
- ☐ Bathers
- ☐ Hat
- ☐ Beanie and gloves (wool/fleece)
- ☐ Sunglasses

SUNDRIES:

- ☐ Toiletries (toothbrush, toothpaste, etc.)
- ☐ Medications
- ☐ 3 towels
- ☐ Sunscreen and lip balm
- ☐ Insect repellent
- ☐ Water bottle (1 litre)

BEDDING:

- ☐ Sleeping bag
- ☐ Pillow and pillow slip
- ☐ Sheet

IF YOU ARE CAMPING OUT:

- ☐ Torch and spare batteries
- ☐ Water bottle (2+ litres)
- ☐ 5 garbage bags
- ☐ Personal first aid kit
- ☐ Plastic cup, bowl, spoon and fork

IF YOU ARE CAVING:

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

IF YOU ARE HORSE RIDING:

- ☐ A pair of long pants (jeans are preferable)

THINGS NOT TO BRING:

- ☐ Electronic devices, especially mobile phones (no reception anyway)
- ☐ Flimsy shoes with no support or protection, sandals or thongs
- ☐ Cotton clothes, especially jeans (unless horse riding)
- ☐ Deodorant spray cans (roll-on is okay)
- ☐ Extra food or lollies