

## **STUDENT EQUIPMENT LIST**

### **GENERAL STUDENT REQUIREMENTS:**

Bedding -

Option 1 – bottom sheet, top sheet/ doona cover & pillow case

or

Option 2 – bottom sheet, sleeping bag & pillow case

- 2 towels (shower and activities)
- 1 pair pyjamas / nightie
- toiletries (toothbrush, toothpaste, comb, handkerchiefs, etc.)
- sunscreen, bandaids
- torch with new batteries
- plastic lunch box
- water bottle (1 litre plastic), an empty soft drink bottle may suffice
- USB Stick (Optional – to get a copy of photos)
- Music CDs (Optional)

### **CLOTHING REQUIRED AT CAMP FOR ACTIVITIES**

Even in summer Rubicon can be cold and wet. We emphasize that suitable warm clothing is essential for safety and full enjoyment of activities - old clothing in good repair is suggested.

- 4 -5 T- shirts (as a Sunsmart School, singlet tops are not to be worn on activities)
- 1 -2 long-sleeved shirts
- 3 jumpers (at least one polar fleece)
- 2 - 3 pairs comfortable shorts
- 2-3 pair tracksuit pants
- 1 set of underwear per day
- 5 pairs socks (not all ankle socks)
- sunhat (as a sun smart school hats are required during term 1 & 4)
- sunglasses
- bathers
- Footwear – 1 pairs of runners, 1 pair of old runners to wear during water activities and 1 pair of casual shoes
- gloves and beanie

### **ADDITIONAL CLOTHING FOR WINTER PROGRAM**

- At least 2 polar fleece jumpers
- 2 pairs wool socks
- thermal underwear
- Synthetic (polar fleece) tracksuit pants for skiing, cotton pants or jeans are definitely **not** suitable for snow activities

## **OPTIONAL**

sandals - in summer	camera
slippers	personal wetsuits
musical instruments,	reading books
small thermos (ski camps)	watch

## **DO NOT BRING**

Mobile phones and iPods must not be brought to Rubicon Outdoor Centre.

## **NOTES ON CLOTHING**

Suitable clothing is vital for students' enjoyment and safety. The following information contains a few hints as to the best types of gear to bring.

### **Footwear**

Runners are suitable for all land based activities.

The shoes for water activities must stay on your feet in the water, eg old runners

### **Jumpers**

Warm jumpers are important in both summer and winter. In summers at least one needs to be a fleece jumper, and in winter at least two.

### **Trousers**

Synthetic tracksuit pants which allow stretching are highly recommended in winter

Cotton tracksuit pants and jeans are unsuitable because they absorb water and conduct heat away from the body.

### **Socks**

It is recommended to bring some woollen or wool/synthetic blend especially in winter. It is necessary to have plenty of warm comfortable socks, especially in winter. If you are doing horse riding one pair of socks needs to be above the ankle.

### **Thermals**

Thermal tops are useful in both summer (for the water activities) and winter. If it is possible thermal bottoms are very helpful in keeping warm outdoors in winter.