

Student Gear List – Adventure Camps

Sturdy Footwear	Boots or other sturdy, lace-up footwear
Sports shoes	2 x OLD pairs of sneakers. At least 1 pair will get wet and muddy
Waterproof Raincoat	Large, waterproof raincoat with a hood. This should be PVC or similar (not a training shell top).
Over-trousers*	At least windproof, but preferably waterproof over-trousers
Pack*	Large enough to carry overnight gear and group equipment (60 Litres +)
Sleeping Bag	Preferably down or fibre fill – good insulation
Socks	3-4 pairs of woollen socks
Thermal pants	2 pairs of wool or polypropylene leggings or trackpants. Do not bring jeans.
Sleeping mat*	For use when camping
Jerseys*	2 long-sleeved woollen or fleece jerseys
Thermal tops*	2 polypropylene or wool tops
Hats	Beanie/balaclava (woollen) and a cap/sunhat
Gloves	Woollen/polypropylene
T-shirts	Enough to last 7 days, so there are enough for wearing in the evenings
Shorts	2 pairs
Underwear	Enough for 5 days
Torch	Small size as you will be carrying it; spare batteries
Toiletries	Include soap, shampoo, toothbrush, toothpaste, etc
Towels	2-3 towels
Swimming gear	Togs
Swimming shorts	Large, to go over wetsuits
First Aid	Personal medications, including sunblock, insect repellent, etc
Eating utensils	For overnight expeditions – bowl/plate, spoon, knife, fork (plastic preferred)
Drink Bottle	1-1.5 litres
Pillow	With pillowcase
Sheet	To cover the mattress
Lunch	In a named lunchbox for the first day only. Lunch supplied on other days.
Biscuits/home baking	One packet to be handed in on arrival for suppers and snacks over the week
Rubbish bag	For collecting up your washing/wet gear at the end of camp!

Note:

- Items marked with an * are available for use at TOPEC. Please DO NOT spend money on expensive outdoor gear that may not be used again!
- Optional items you can bring: sunglasses, wetsuit, snacks

Mobile Phones

- Please keep your child's phone at home. TOPEC cannot be held responsible for any loss or damage to phones brought to camp.
- Any phones found at camp will be removed from the student for the duration of the camp.
- If you need to contact a student urgently, please call your school's on-site teacher in the first instance. Alternatively, during office hours, TOPEC office (06) 758 0448