



WHAT TO BRING TO WOLLANGARRA

Please try and pack everything on this list. Everything you pack you will be carrying into Wollangarra (about 1km)– so we strongly recommend only bringing what you need and packing into a back-pack or duffel bag rather than a suitcase.

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- 2 Pairs of long pants – Lightweight or Wool are best – *not* Jeans
 - 2 Pair of shorts
 - 1 Long sleeve shirt with a collar - flannelette or cotton
 - 2 T-shirts with sleeves to at least mid-upper arm
 - 4 Pairs of thick socks - *not* ankle socks
 - 5 Sets of underwear
 - 1 Closed toe shoes – hiking boots if you have them, otherwise boots or sneakers.
 - 1 Thermal pants and long sleeve top - polypropylene or wool
 - 1 Torch and spare batteries
 - 1 Small towel and basic toiletries – toothbrush, toothpaste, soap
 - 1 Wide brimmed hat - not a cap
 - 1 Sunscreen – all year round
 - 1 Personal medications
 - 3 Strong garbage bags
 - 1 Pair of swimmers – all year round
 - 1 Money to buy lunch on Monday and Friday
 - 1 Sports Tape - if you have any existing knee or ankle injuries

Optional

(WOLLANGARRA CAN SUPPLY THESE BUT YOU MAY BRING YOUR OWN IF YOU HAVE THEM – WE WILL CHECK IF THEY ARE SUITABLE)

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- 2 Woollen or Polar fleece jumpers
 - 1 Pair of hiking boots - with good ankle support
 - 1 Rain jacket
 - 1 Pair of waterproof Over-pants
 - 1 Sleeping bag –to use at the homestead. Wollangarra provides sleeping bags for hike
 - 1 Inner sheet and Sleeping mat
 - 1 Hiking backpack
 - 1 Beanie and mittens
 - 2 1 Litre water bottles
 - 1 Emergency whistle
 - 1 Backpack liner

A camera and a journal are great to bring along too.

If you do bring your own equipment we will check it's suitability for the hike, and reserve the right to insist that you use Wollangarra equipment if we feel it is better suited. Please do not bring tents.

You are financially responsible for the loss or deliberate damage of all Wollangarra equipment and property, so please treat it well.

WHAT TO LEAVE AT HOME

Lollies and junk food	Computers and electronic games	Knives and weapons inc. pocket knives
All personal music players e.g. iPods	Hairdryers	Make-up and aerosol spray deodorant
Mobile phones	Valuables- damage or loss is possible	Cigarettes

Wollangarra offers a unique chance to be away from all of these things, to enjoy a week of living simply and healthily as part of a small community without modern technology.