



## What to Bring

It is very important that you bring everything on the '**Essential**' part of this list. Don't bring too many extras as you have to carry them into Wollangarra, which is a 1km walk. Any sort of back-pack or duffel bag is suitable (a suitcase is **not**).

### Essential

- |                          |   |   |
|--------------------------|---|---|
| <input type="checkbox"/> | 2 | Pairs of long pants - Wool is best (Jeans are not suitable) Please try to avoid cotton, if possible |
| <input type="checkbox"/> | 1 | Pair of shorts  |
| <input type="checkbox"/> | 2 | Heavy long sleeve shirts (e.g. flannelette)   |
| <input type="checkbox"/> | 2 | T-shirts with sleeves to at least mid-upper arm   |
| <input type="checkbox"/> | 5 | Pairs of thick socks (not ankle socks)  |
| <input type="checkbox"/> | 5 | Sets of underwear   |
| <input type="checkbox"/> | 1 | Pair of runners/boots   |
| <input type="checkbox"/> | 1 | Thermal pants + top   |
| <input type="checkbox"/> | 1 | Torch + spare batteries   |
| <input type="checkbox"/> | 1 | Small towel + toiletries  |
| <input type="checkbox"/> | 1 | Wide brimmed hat (not a baseball cap)   |
| <input type="checkbox"/> | 1 | Tube of SPF30 sunscreen (in winter also)  |
| <input type="checkbox"/> | 1 | Personal medications  |
| <input type="checkbox"/> | 3 | Strong garbage bags   |

### In Summer (OCTOBER – APRIL)

- |                          |   |   |
|--------------------------|---|---|
| <input type="checkbox"/> | 2 | Light shirts with long sleeves (T-shirts are less suitable) |
| <input type="checkbox"/> | 1 | Pair of swimmers  |

### Optional (WOLLANGARRA CAN SUPPLY THESE BUT YOU MAY BRING YOUR OWN IF YOU HAVE THEM)

- |                          |   |  |
|--------------------------|---|--|
| <input type="checkbox"/> | 2 | Woollen/Polar fleece jumpers (at least one should be wool) |
| <input type="checkbox"/> | 1 | Pair of hiking boots (with good ankle support)             |
| <input type="checkbox"/> | 1 | Rain jacket  |
| <input type="checkbox"/> | 1 | Pair of waterproof Over-pants                              |
| <input type="checkbox"/> | 1 | Sleeping bag, Inner sheet and Sleeping mat                 |
| <input type="checkbox"/> | 1 | Hiking backpack  |
| <input type="checkbox"/> | 1 | Balaclava and mittens                                      |
| <input type="checkbox"/> | 2 | 1 Litre water bottles                                      |
| <input type="checkbox"/> | 1 | Emergency whistle  |
| <input type="checkbox"/> | 1 | Backpack liner   |

You also need to bring money to buy lunch to and from Wollangarra, and if you have any previous knee or ankle injuries a roll of Elastoplast Sports Tape and a compression bandage. A camera and film is great too if you have one.

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.

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

### Please DO NOT Bring

Personal music players, iPods, Mobile phones (we have no reception), electronic games, knives, make-up, cigarettes or any food or lollies - this is a week away from all of that. Wollangarra offers a unique chance to step back in time and live a simple, healthy lifestyle as part of a small community with time to just talk, without modern technology.

Valuable items such as jewellery, watches, credit cards are easily lost so please leave them at home. Also, we do not have electricity so hairdryers etc are not appropriate.