



PEOPLE OUTDOORS PACKING LIST

Please label everything with your camper's name!



Use this list to help you pack your camper's luggage. Involving your camper in this process familiarises him/her with what you are sending to camp. What to bring to camp will depend on the length of stay and nature of the program. All items brought to camp should be clearly marked with the camper's first and last name. **Australian Camps Association is not responsible for lost or damaged items.**

BEDDING:

<u>Packed for Camp</u>	<u>Bring Home</u>
<input type="checkbox"/> Pillow + pillowcase	<input type="checkbox"/>
<input type="checkbox"/> Sleeping bag or doona	<input type="checkbox"/>
<input type="checkbox"/> Sheets (king-single or single size)	<input type="checkbox"/>

CLOTHING:

(please check weather prior to camp)

<u>Packed for Camp</u>	<u>Bring Home</u>
<input type="checkbox"/> Pyjamas	<input type="checkbox"/>
<input type="checkbox"/> Socks (1-2 pairs per day)	<input type="checkbox"/>
<input type="checkbox"/> Underwear (1-2 per day)	<input type="checkbox"/>
<input type="checkbox"/> Shirts: Long + short sleeve (daily change)	<input type="checkbox"/>
<input type="checkbox"/> Pants: Long pants + shorts (daily change)	<input type="checkbox"/>
<input type="checkbox"/> Jacket / Jumper	<input type="checkbox"/>
<input type="checkbox"/> Raincoat / Coat	<input type="checkbox"/>
<input type="checkbox"/> Winter: Beanie	<input type="checkbox"/>
<input type="checkbox"/> Winter: Accessories (e.g. gloves, scarf)	<input type="checkbox"/>
<input type="checkbox"/> Summer: Hat (essential in Summer)	<input type="checkbox"/>

For any water activities:

<input type="checkbox"/> Swimwear + cover (e.g. rashie, shorts)	<input type="checkbox"/>
<input type="checkbox"/> Water closed-toe footwear / old runners	<input type="checkbox"/>
<input type="checkbox"/> Comfortable closed-toe sneakers (2 pair)	<input type="checkbox"/>
<input type="checkbox"/> Shower shoes (1 pair)	<input type="checkbox"/>
<input type="checkbox"/> Optional: Bag for dirty clothes	<input type="checkbox"/>

TOILETRIES:

<u>Packed for Camp</u>	<u>Bring Home</u>
<input type="checkbox"/> Soap / Shower gel	<input type="checkbox"/>
<input type="checkbox"/> Shampoo (conditioner if needed)	<input type="checkbox"/>
<input type="checkbox"/> Toothbrush + toothpaste	<input type="checkbox"/>
<input type="checkbox"/> Lip balm	<input type="checkbox"/>
<input type="checkbox"/> Brush / Comb	<input type="checkbox"/>
<input type="checkbox"/> Deodorant	<input type="checkbox"/>
<input type="checkbox"/> Sunscreen	<input type="checkbox"/>
<input type="checkbox"/> Towel (1-2)	<input type="checkbox"/>
<input type="checkbox"/> Face washer (1-2)	<input type="checkbox"/>
<input type="checkbox"/> Beach Towel (1)	<input type="checkbox"/>
<input type="checkbox"/> Personal items (e.g. sanitary, incontinency)	<input type="checkbox"/>

ADDITIONAL ITEMS:

<u>Packed for Camp</u>	<u>Bring Home</u>
<input type="checkbox"/> Labelled drink bottle	<input type="checkbox"/>
<input type="checkbox"/> Sunglasses	<input type="checkbox"/>
<input type="checkbox"/> Companion Card (if needed)	<input type="checkbox"/>
<input type="checkbox"/> Torch + spare batteries (if you have)	<input type="checkbox"/>
<input type="checkbox"/> Optional: Books/games for free time	<input type="checkbox"/>
<input type="checkbox"/> Optional: Day backpack	<input type="checkbox"/>

Please DO NOT Bring: (Unless discussed pre-camp with coordinators)

Expensive / Valuable Items

Nut + Nut Products

Drugs / Alcohol

Camera

Money

Devices: iPod, iPad, mobile phones

*** All medication must be brought to camp in a webster pak and/or in original packaging with name clearly labelled. All medication must have original medication form. ***

Please consider your individual camper's needs when packing (e.g. communication cards, sensory needs, cane, glasses, ear plugs).



Experts in providing outdoor experiences for people living with disability

Australian Camps Association - People Outdoors

Corporate One, 84 Hotham St. PRESTON VIC 3072

Ph: (03) 9863 6822 Email: peopleoutdoors@auscamps.asn.au

www.peopleoutdoors.asn.au