

CLOTHING AND PERSONAL EQUIPMENT LIST

General considerations

Clothing taken on outdoor or adventure programs should allow participants to be comfortable and protected in a range of conditions, regardless of the season. Clothing that is quick drying and resistant to damage is ideal. Clothing should fit the person well. Practicality is the emphasis rather than how fashionable clothes are! Unsuitable or ill-fitted clothing can impair student participation and may be hazardous.

Note: Students must not bring alcohol, cigarettes, medication not documented on the medical form, or illegal substances. Other items not to be taken must be communicated to students and parents.

Essential clothing and equipment all students must bring:

- sun hat (not to be worn under helmets)
- shoe with a heel (if possible)
- water bottle
- rain coat
- warm jumper

Other Clothes

- long pants
- windcheaters
- shorts
- swimmers
- pair mittens or gloves
- 1 pair old sneakers
- long sleeve warm shirts or thermal tops
- woollen jumper (at least one)
- t-shirts
- changes of underwear
- socks
- pyjamas

Sleeping

- sleeping bag
- pillow

Toiletries

- soap
- toothbrush and toothpaste
- towel
- sunscreen
- insect repellent

Personal equipment

- torch
- personal medical requirements
- camera
- sunglasses

For Winter Programs

Clothing

- Thermal underwear
- Gloves
- Beanie
- Warm overcoat

Notes

- Staff should communicate to students what money they may need for incidentals during the program.
- All personal items and baggage should be clearly marked with the owner's name.
- A policy on portable music players should be communicated to students and parents. Where such items are allowed, it should be made clear to parents and students that no responsibility will be taken for any loss.
- A policy on mobile phones should be communicated to students and parents. Where such items are allowed, it should be made clear to parents and students that no responsibility will be taken for any loss. [Schools Reference Guide Section 4.15 - 'Use of mobile phones by students'](#)
- As a health precaution students are advised not to bring aerosol propellant cans e.g. deodorant sprays.

Note: This proforma provides one suggested list of clothing and equipment. There may be other essential or useful items and as such it is not an exhaustive list.