Centre Based Program with Camp out
You are required to bring every item on this list (except those marked optional). Should you be unable to provide any of the listed items, please contact your school program coordinator, or contact Higher Ground Group Pty Ltd on 07 5485 5555 or email info@higherground.com.au for further information.

All equipment & clothing should be suitable for outdoor use, and of sturdy construction.

General Clothing:
- T-shirts & shorts (including at least 1 set to get wet/muddy for any water based activities). Full length t-shirts with sleeves are required for activities (ie no singlets or mid-riff/crop tops)
- 1 collared long sleeve, lightweight hiking shirt (essential in sunburn prevention whilst on camp out).
- 2 pairs of enclosed lace up shoes/sports sneakers/boots (1x hiking shoes and 1x water shoes). These must be designed for outdoor and active purposes. Thongs, slip-ons and sandals will not be accepted for activities but may be used at night.
- NB: New boots should be broken in before camp to avoid blisters and sores.
- 2 jumpers (preferably fleece or wool, not cotton, including at least 1 that may get wet) and tracksuit/long pants.
- Warm shirt/Thermals
- At least 3 sets of long socks e.g. Hiking socks, woollen socks, Not ankle socks!
- Swimwear
- Underwear
- Wide brimmed hat (willing to get wet)
- Waterproof Raincoat (not a poncho or garbage bag)
- Optional/Beanie for night time

Toiletries:
- Toothbrush/toothpaste
- Soap in container
- Hand Sanitizer
- Towel
- Deodorant (roll on, not aerosol)
- Minimum SPF 15+ Sunscreen (not aerosol)
- Insect repellant (not aerosol)

General Items:
- All prescription medication you need
- 3 1L water bottles (essential for expedition)
- Head torch and spare batteries
- 4 large garbage bags for wet and muddy gear
- Day Pack to carry personal items, water bottle, sunscreen and snacks
- A personal watch
- Optional/Small camera and film NB Waterproof disposable camera ideal
- Optional/Pen & Paper
- Optional/Thermal gloves

Sleeping Gear:
- Sleeping bag (none are supplied)
- Pillow (none are supplied)

Specific Camp Out Equipment:
- Lightweight campout crockery (cup, bowl and cutlery) all in a draw string bag.
- 2 tea towels
- Foam roll mat (closed cell foam mat from K-Mart is ideal) students will be carrying these

Do Not Bring (Please note: These items may be confiscated and held until the end of the program)
- Mobile phones, Electronic games or CD/MP3 players
- Valuables such as jewelry as it may get lost
- Chewing gum, lollies or toys
- NO PRODUCTS CONTAINING NUTS!

***EXTREMELY IMPORTANT***

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