

Santa Sabina College Tallong Campus Gear List: Outdoor Education Program

What to Bring:

Gear	
<input type="checkbox"/>	sleeping bag (Synthetic or Down) minimum 0 degrees, with compression sack,
<input type="checkbox"/>	towel and pillow case
<input type="checkbox"/>	raincoat VERY IMPORTANT waterproof, thigh length, with hood
<input type="checkbox"/>	collared long-sleeved shirt
<input type="checkbox"/>	collared short-sleeved shirt
<input type="checkbox"/>	shorts
<input type="checkbox"/>	lightweight pants
<input type="checkbox"/>	underwear
<input type="checkbox"/>	socks (woollen not cotton)
<input type="checkbox"/>	pyjamas
<input type="checkbox"/>	broad brim sun hat
<input type="checkbox"/>	enclosed shoes, worn in
<input type="checkbox"/>	enclosed shoes that can get wet
<input type="checkbox"/>	any medications you require (in original packaging in Zip Lock Bag)
<input type="checkbox"/>	toiletries: with relevant items eg toothbrush, paste, deodorant, soap, hairbrush, sanitary items
<input type="checkbox"/>	sunscreen (roll-on)
<input type="checkbox"/>	insect repellent (roll-on)
<input type="checkbox"/>	torch and spare batteries
<input type="checkbox"/>	water bottle - sturdy and leak proof
<input type="checkbox"/>	pencil and small note book
<input type="checkbox"/>	day pack (school-bag size)
In cooler weather	
<input type="checkbox"/>	beanie (fleece or woollen)
<input type="checkbox"/>	2 polar fleece or woollen jumpers
<input type="checkbox"/>	warm tracksuit pants
<input type="checkbox"/>	thermal leggings and top
When camping out	
<input type="checkbox"/>	3 strong garden garbage bags (for waterproofing)
<input type="checkbox"/>	sleeping mat
<input type="checkbox"/>	reusable unbreakable mess kit – in a small bag
	o plate, bowl and mug
	o cutlery
	o 2 tea towels
Teachers & School Staff Only	
<input type="checkbox"/>	teacher cabins have all linen provided
<input type="checkbox"/>	for camp out, your tent has a thick sleeping mattress

What NOT to bring:

- extra food, ample is provided and students in your cabin may have life-threatening allergies
- digital devices
- valuables