

## MAKAHIKA PERSONAL EQUIPMENT LIST

The following is a suggested gear list for all people visiting the Centre. Encourage people to bring plenty of changes of clothes, particularly in winter or shoulder season.

Sun hat, Sun screen, Insect repellent  
Sunglasses (optional)  
T Shirts, Shorts  
Track pants  
Sweatshirts  
Woollen or Fleece Jersey  
Socks, wool  
Waterproof raincoat/parka and/or  
Windbreaker  
Swimming togs, Towel(s)  
Sturdy outdoor footwear / boots and/or Sandshoes x 2 (one for wet activities)  
Indoor footwear - slippers and jandals (also for shower)  
Small Day Pack with shoulder straps (not a single shoulder bag style)  
Sleeping Bag – winter weight  
Pillow with pillow case  
Wet suit (seasonal & optional)  
Polypropylene or wool underwear (long-johns and tops)  
Long trousers, jeans are not recommended  
Underclothes  
Sleepwear / pyjamas (generally sleep in long-johns etc)  
Wool hat and gloves (seasonal)  
Personal medication (to be named and handed to class teacher)  
Toiletries  
Camera (optional, not a phone)  
Torch (headlamp one recommended)  
Drink bottle and lunch box  
Plastic rubbish/garden bags for wet /dirty clothes

### **COVID Masks for ALL participants**

Board game from home  
Packet of biscuits or home baking  
Small teddy or small comfort toy

There is no cell coverage so we recommend you do not bring cell phones. NO ELECTRONIC DEVICES ALLOWED PLEASE.

**All participants are to bring a packed lunch from home on Day 1**