

Gear List for Mahahika Camp

To be followed by students AND adults, participating in the activities at camp.

What to Wear for the Day (weather dependant)

T – Shirt and/or polyprop top
Shorts/and or polyprop leggings
Long Sleeved top – warm
Sun Hat – sun block
Wet weather raincoat

*Socks must also be worn with sports shoes (this helps to prevent blisters)

Footwear

Covered in type shoes – lace up or slip on running shoes/sports shoes
One spare pair of dry shoes for evenings (crocs and socks perfect)

*NO open sandals / aqua shoes / croc's for day walking

Back-Pack

A small school bag, (back-pack) to carry lunch, drink, wet weather gear, medicines etc.

Ensure there are no broken straps/zips. Students will need their hands free for walking, climbing.

*Supermarket plastic bags or over one-shoulder bags are NOT acceptable.

Additional Items you must bring:

Pillow (if desired)
Long Pants (track– no jeans)
Shorts x 2
T-shirts x 3
Warm long sleeved woollen or fleecy jersey
Thermal - top or woollen singlet
Light waterproof coat/jacket
Warm hat or beanie
Insect Repellent
Underclothes (2-3 pair)
Drink bottle (i.e. pump bottle)
Sports socks x 2 pair

Personal Medication
Sun Screen
Plastic rubbish bag (for wet gear)
Warm socks x 1 pair

ADDITIONAL FOR ADULTS

Torch
Camera

There is no cell coverage so do not bring a cell phone.

