

# COMPULSORY EQUIPMENT LIST

Please ensure all your items are clearly named. The Rotary Club of Downtown Auckland and Willow Park accept no responsibility for any loss or damage that may occur while you are on the course.

## General use throughout the week:

- Pillow and sleeping bag (**must be suitable for outdoors in winter**)
- 2 towels
- Personal toiletries
- Casual comfortable clothing for six days at Willow Park
- Sports clothing for daily exercise (may get wet or dirty)
- Underclothes for the week
- Casual footwear for day to day and sporting use
- Formal/semi-formal clothes for one evening (course formal dinner)

## Pack and contents for outdoor activities:

- Tramping pack (large **enough to carry all of the following items**)
- 2 Waterproof pack liners (suggest large green plastic rubbish bag)
- Sleeping bag (**must be suitable for outdoor use in winter**)
- Plastic plate, bowl and mug
- Knife, fork and spoon
- Drink bottles (for walking) 2 x 1 litre bottles
- Tea towel
- Torch and spare batteries
- Pocket knife (optional)
- **Waterproof** jacket (to **handle wet tramping conditions, not bulky ski jackets**)
- 2 warm tops (**wool or polar fleece**) for outdoors
- **Thermal underwear**
- 3 pairs woolen socks
- Casual clothing (incl shorts and/or trousers) and underwear suitable for outdoor activities.
- Tramping boots (**already broken in and comfortably fitting you**)
- Personal first aid kit (plasters, painkillers, etc)
- **Outdoor gloves**
- **Woolen "beanie" type hat**
- Cooking pot or frypan – small
- **Thermal mattress (self inflating or insulated foam roll type)**

## Optional:

- Camera
- Musical instruments are welcome

## Do Not Bring:

- Laptops
- Cell phones
- Walkmen, iPods or CD players
- Other valuable items
- Alcohol or drugs

**If you do not have any of this equipment, you MUST contact your sponsoring Rotary Club.**