

COMPULSORY EQUIPMENT LIST

Please ensure all items are clearly labeled with your name. The Rotary Club of 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
- Sleeping bag (**must be suitable for outdoors in winter**)
- 2 towels
- Personal toiletries
- Casual comfortable clothing for 8 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 + food. Pack must be larger than a 'day pack'**)
- 2 Waterproof pack liners (suggest large green plastic rubbish bags)
- 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 1.5 litre bottles
- Tea towel
- Torch and spare batteries
- Pocket knife (optional)
- **Waterproof** jacket (to **handle wet tramping conditions, not bulky ski jackets**)
- Polar Fleece Jersey
- 2 Mid layer warm tops (**not wool**) for use over thermal underwear and under Polar Fleece top layer
- **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** (polar fleece)
- **Woollen or Polar fleece "beanie"**
- Small pot or billy with lid
- **Thermal mattress (insulated foam roll type)**

Optional:

- Camera and/or Musical instruments are welcome

Do Not Bring:

- Laptops or iPads
- Cell phones
- iPods or other Music players
- Any valuable items
- Alcohol or drugs

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