

THINGS TO PACK:

- Sleeping bag and Inner-sheet
- Pillowcase
- Pyjamas
- Old shorts and T-shirts (i.e. casual clothes)
- Pair of jeans or similar
- Tracksuit pants and 'Sloppy Joes'
- At least two Jumpers for cooler months (Wool or 'Polar Fleece')
- Beanie
- Sunscreen
- Underclothes
- Plenty of Socks
- Shoes or Runners (suitable for walking - with good grip)
- Hat
- Water bottle (1.5 Litre)
- Insect Repellent (**lotion not spray**)
- 1 Bath Towel
- Toiletries
- Shower Shoes
- Torch
- Bible (a modern version, such as NIV, Good News)
- Clipboard & Pen or Pencil
- Inexpensive Camera (**Optional**)
- Raincoat
- Swimmers, Board Shorts and Beach Towel
- Plastic Bags for bringing wet clothes home
- Fishing Rods (**Optional**)
- Games: Cards, Board Games, etc. (**Optional**)