



## Nearer to Nature

### Trek the Track Checklist

#### We will provide:

- 2-man tent
- Hiking bag
- Sleeping mat
- Dinner (sausage sizzle)
- Breakfast (cereal or toast)

#### What you need to bring:

Pack into overnight bag	Pack into small day bag
<ul style="list-style-type: none"><li>- Sleeping bag</li><li>- Pillow (we recommend a small one)</li><li>- Food<ul style="list-style-type: none"><li>o Snacks</li><li>o Lunch</li><li>o 1L of water</li></ul></li><li>- Clothes<ul style="list-style-type: none"><li>o Long pants</li><li>o Jumper</li></ul></li><li>- Toiletries:<ul style="list-style-type: none"><li>o Insect repellent</li></ul></li><li>- Head torch/ torch</li></ul>	<ul style="list-style-type: none"><li>- Hat</li><li>- Sunscreen</li><li>- Snack</li><li>- 1L of water</li><li>- Medication (give to guides)</li></ul>

If you have your own hiking bag you would like to use, please bring it along.

Please leave electronic devices at home. Any electronic devices brought to camp is the child's responsibility.

Make sure you wear sturdy, enclosed shoes.

