

THINGS TO BRING TO RUBICON

CLOTHING:

- 2–3 jumpers (polar fleece or wool)
- 2–3 pairs of loose fitting synthetic long pants or shorts (not cotton i.e. jeans)
- 2–3 long sleeved shirts with collar
- 3–4 t-shirts (not singlets)
- Thermals
- Underwear for each day
- 5 pairs of thin and thick socks (not ankle socks, wool socks in winter)
- Strong shoes for walking (hiking boots or sports shoes), spare shoes for around camp and old runners to get wet and muddy
- Pyjamas
- Bathers
- Hat
- Beanie and gloves (wool/fleece)
- Sunglasses

SUNDRIES:

- Toiletries (toothbrush, toothpaste, etc.)
- Medications
- 3 towels
- Sunscreen and lip balm
- Insect repellent
- Water bottle (1 litre)

BEDDING:

- Sleeping bag
- Pillow slip
- Sheet (fitted)

IF YOU ARE CAMPING OUT:

- Torch and spare batteries
- Water bottle (2+ litres)
- 5 garbage bags
- Personal first aid kit
- Plastic cup, bowl, spoon and fork

IF YOU ARE CAVING:

- Old runners to get wet and muddy
- Set of old clothes to get **very** dirty

IF YOU ARE HORSE RIDING:

- A pair of long pants (jeans are preferable)

THINGS NOT TO BRING:

- Electronic devices, especially mobile phones (no reception anyway)
- Flimsy shoes with no support or protection, sandals or thongs
- Cotton clothes, especially jeans (unless horse riding)
- Deodorant spray cans (roll-on is okay)
- Extra food or lollies