

THINGS TO BRING TO RUBICON

CLOTHING:

- 2–3 jumpers (preferably polar fleece or wool)
- 2–3 pairs of loose fitting long pants or shorts (preferably synthetic, not cotton or jeans)
- 2–3 long sleeved shirts with collar
- 3–4 t-shirts (singlets and mid-riff tops are not suitable)
- Thermal clothing (optional)
- Underwear for each day
- 5 pairs of socks. Long, thick socks are preferred
- 3 pairs of shoes:
 - Strong shoes for walking (hiking boots or sports shoes)
 - Spare shoes for around camp (enclosed toe)
 - Old runners to get wet and muddy (enclosed toe)
- Pyjamas
- Bathers and a rash top
- Wide brimmed hat
- Beanie and gloves (wool/fleece)
- Sunglasses

SUNDRIES:

- 5 face masks**
- Toiletries (toothbrush, toothpaste, etc.)
- 2 towels
- Non-aerosol sunscreen and SPF lip balm
- Non-aerosol insect repellent
- Personal medications as required
- Small torch or head torch with spare batteries

BEDDING:

- Sleeping bag
- Fitted** sheet
- Pillow

IN ADDITION, IF YOU'RE CAMPING:

- Tea towel
- 1 litre water bottles
- 2 garbage bags - heavy duty and large size (70/80 litre)
- Camping/light-weight cup, bowl, spoon and fork (non-disposable)

All clothing brought to Rubicon should be SunSmart. Be prepared that clothing may become dirty, wet or ripped. Rubicon will supply a waterproof jacket, pants and all camping equipment. There is also an additional supply of warm clothing that can be borrowed by students if necessary (fleece jumpers and thermals).