# Waratah Bay Clothing/Equipment List

## Clothing
- 3 x Polo Shirt/ T-shirt
- Warm pants
- Shorts or tights for walking
- Warm jumper and/or fleece jacket
- Thermal top and bottom
- 4 x Underwear
- 3 x Socks
- Hat and Beanie
- Sunglasses

## For Activities
- Wetsuit *
- Bathers
- Beach Towel
- Sturdy walking shoes/runners
- Waterproof Jacket *
- Sunglasses
- Camera
- Book and pen

## For Sleeping
- Tent *
- Sleeping Mat *
- Sleeping bag
- Pillow

* Supplied by KWRSC

## For Cooking
- Trangia *
- Cutlery
- Bowl/plate
- Chopping board
- Dishwashing Liquid
- Scourer, cloth and tea towel
- Methylated Spirits
- Matches
- Scourer, cloth and tea towel

## Other
- Soap for showering
- Towel
- Toothbrush and Toothpaste
- Sunscreen
- Lip Balm
- Personal First Aid
- Head torch
- Spending money

## Meals
Brief notes on each are included below.

**Lunch x 3** - Bring cut lunch on day 1.

**Dinner x 2** - No fridge access so don’t bring perishable foods.

**Breakfast x 2** - Make sure these are high energy for active days.