

## Circle of Life Rediscovery Clothes and camping list

Having proper clothing is **Critical** to safety and enjoyment while at camp. It need not be stylish but durable and warm. Make sure you bring all you need.

### ESSENTIAL

<input type="checkbox"/> Fleece jacket or wool sweater	<input type="checkbox"/> Sleeping bag + mat
<input type="checkbox"/> Tent (we can provide with notice)	<input type="checkbox"/> Feminine hygiene products
<input type="checkbox"/> Toilet kit	<input type="checkbox"/> Personal medications (if required)
<input type="checkbox"/> 2 pair of loose trousers (see below)	<input type="checkbox"/> <b>Shorts &amp; T-shirt (to get wet, longer camps only)</b>
<input type="checkbox"/> <b>Small towel (longer camp)</b>	<input type="checkbox"/> Water bottle
<input type="checkbox"/> T-Shirts	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Long-sleeved shirt(s)	<input type="checkbox"/> Walking or running shoes
<input type="checkbox"/> Rain Jacket	<input type="checkbox"/>
<input type="checkbox"/> Waterproof trousers (optional)	<input type="checkbox"/>
<input type="checkbox"/> Torch & extra batteries (optional)	<input type="checkbox"/>
<input type="checkbox"/> Plate/bowl/cutlery & mug	<input type="checkbox"/>

While the items on the essential clothing and equipment list will provide you with the bare minimum needed for camp, there are several other items that are strongly recommended to increase your enjoyment of camp, and a few that are optional depending purely on your own desires.

### OPTIONAL

<input type="checkbox"/> Sandals	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Crayons and pencils	<input type="checkbox"/> Camera & film (waterproof disposable)
<input type="checkbox"/> Songs	<input type="checkbox"/> Musical instruments (light & portable)
<input type="checkbox"/> Notepad and pen	

## PLEASE DO NOT BRING

- ⊗ Walkmans, ipods, mp3's, or radios: In addition to being simply unnecessary and against camp policy, there is no safekeeping for valuables in the wilderness.
- ⊗ Non-biodegradable soap or shampoo: It is the goal of **Circle of Life Rediscovery** to impact the wilderness area as little as possible. A biodegradable soap will be provided for the washing of pots and pans and participants are encouraged to bring their own for personal washing. Soapy water will not be dumped into the river.
- ⊗ Extra food, including junk food: Having any food in your possession poses a safety risk due to the fact that it attracts animals to camp. **Circle of Life Rediscovery** will supply all necessary food, including treats.
- ⊗ Drugs/alcohol: It is the policy of **Circle of Life Rediscovery** that there will be no drugs or alcohol in the camp or on any hikes. Participants who breach the policy will be dismissed from the camp immediately. There will be no exceptions to this policy.

**Please do not eliminate or substitute items on the essential clothing and equipment list. Your safety and comfort are at stake! All your gear should fit into a bag/backpack and you should be able to carry it. We ask all participants to hand in mobile phones and we then provides times (usually in the evening) when they are used! Not very popular but it's a good idea!**

If you have any questions about what to bring or have difficulty getting hold of any equipment, please contact us:

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Thank you,

Marina Robb  
(Director)