



## What to Bring to Wollangarra

Wollangarra has a well-stocked gear store of donated, op-shopped or fundraised-for second-hand and solid hiking gear. We operate with the ethos that young people should be able to be kitted-out to safely head into the mountains, no matter what financial background they come from. Please try and pack everything on this list. Everything you pack you will be carrying into Wollangarra (about 2kms) – We strongly recommend **only** bringing what you need and packing into a back-pack or duffel bag rather than a suitcase. Op-shops are great for obtaining most of these items below, if you do not already own them, or can't borrow them off a friend, relative or school-mate.

- 1 x Pairs of long pants – *lightweight "trackies" or Wool are best.*
- 1 x Pairs of shorts.
- 1 x Long sleeve shirt with a collar.
- 2 x T-shirts.
- 3 x Pairs of socks - *for hiking so thick wool/wool blend sock are best.*
- 3 x Sets of underwear.
- 1 x Closed toe shoes – *hiking boots if you have them, otherwise sneakers.*
- 1 x Shoes or sandals for swimming – **no swimming** unless footwear is worn.
- Torch and spare batteries.
- Set of basic toiletries – *toothbrush, toothpaste, bar of soap, tampons, pads, etc.*
- Wide brimmed hat - *not a baseball cap.*
- Sunscreen.
- Any required personal medications - *e.g. asthma puffer, allergy medication etc.*
- Pair of swimmers – *all year round. You never know!*
- Small towel.
- Money to buy lunch on the first and last days - *if on a school course, check with school if this applies to you.*
- Roll of Sports Tape – **only** if you have any existing knee or ankle injuries that may require taping.

**Optional:** (Wollangarra supplies these, but you may bring your own if you have them - we will check if they are suitable to keep you safe in the mountains).

- 1 x Woolen jumper.
- 1 x Polar fleece jumper.
- Pair of hiking boots - *worn in with good ankle support.*
- 1 x Thermal pants and Thermal long-sleeve top - *polypropylene polyester or wool. **No cotton.***
- Rain jacket.
- 1 x Pair of waterproof Over-Pants.
- 2 x 1 Litre water bottles - *hard plastic, aluminium or steel.*
- Sleeping Bag with a -5°C rating or more– *Wollangarra provides sleeping bags suitable for out on hike and back at the Homestead.*
- Inner sheet and Sleeping mat.
- Hiking backpack - *must be a specific hiking backpack and at least a 60 litre capacity.*
- Beanie and mittens.
- Emergency whistle.

A camera and a journal are great to bring along too. Just make sure you waterproof them with a zip-lock bag or something similar.

If you do bring your own equipment we will check its suitability for the hike, and reserve the right to insist that you use Wollangarra equipment if we feel it is safer or better suited. Please do not bring tents.

You are financially responsible for the loss or deliberate damage of all Wollangarra equipment and property, so please treat it well.

### **Please DO NOT Bring:**

- Lollies and junk food.
- All personal music players e.g. iPods.
- Mobile phones.
- Hairdryers.
- Valuables - damage or loss is possible.
- Knives and weapons including pocket knives.
- Make-up and aerosol spray deodorant.
- Cigarettes - **smoking cigarettes whilst at Wollangarra will result in you being immediately sent home at your parents' expense and effort.**

Wollangarra offers a unique chance to be away from all of these things, to enjoy a week of living simply and healthily as part of a small community without modern technology.