

Counsellor Packing List

Due to the nature of the program, it is important that only necessary items are taken with you in your pack out in the field. Remember, what you pack will be strapped to your back for eight days.

What does Operation Flinders provide?

- Rucksack with rain cover
- Hutchie with chord
- Roll mat and ground sheet
- Sleeping bag
- Poncho
- Drink bottles (bring your own also)
- Cups canteens X 2
- Fork and/or spoon
- Wide brimmed hat

What you need to take – (quantity of items and some items themselves are personal preference and may differ upon season)

<p>Clothing</p> <p>1 pants 2 t-shirts 3 socks 3 jocks 1 jumper 1 long sleeve T Thermals Shorts Beanie Thongs/sandals Flannel pillow Plastic bags</p>	<p>Toiletries</p> <p>2 flannels Soap Toothbrush & toothpaste Talcum Powder Vaseline Band aids Lip balm Sunscreen Personal Medication</p>
<p>General/Optional</p> <p>Cards Notebook/pencil Riddles/Jokes Utility tool Map Compass Sewing/repair kit Head torch with batteries Gaiters Snap bags Lollies (private) Whistle Camera</p>	<p>Before/After</p> <p>Book/Magazines Lunch (on way) Jumper 2 jocks 2 socks T-shirt Shorts Shirt Jeans Deodorant</p>