We will supply one if you don't have your own.

Check with your teachers whether you need to bring lunch on the first day.

For cold weather night:
Good quality tent will keep you dry.

For sun protection - wide brimmed hat is best. Swimsuit also below.

Thin woolen/brigher jumper or down jacket - for warmth even when wet.

Enough to last the camp.

Legends and ticks

Tick socks that extend above the ankles give better protection from ticks.

For water activities (fly, wet and must stay in the water) changes need to be comfortable.

For sun protection - especially for swimming.

Lighweight or fast dry pants, don't block sun, dry quickly and are cool.

Sunburn, backpack straps, bruises (in some teenage activities) may have sleeves or extra below shorts/gloves to protect shoulders from high long activities.

What not to bring:

- Short shorts - stays can ride up when wearing a harness.

Why:

Personal equipment list

Essential clothing:

- Small backpack bag
- 6 changeable bags

Toilet kit

- Toiletries
- Personal first aid kit
- Towel
- Day pack
- Sleeping bag

To keep you warm at night.

- Blanket
- Camp sleep mat
- Camp stool
- Fishing gear
- Small fishing bag
- Bait
- Bait

Pillows

- Comfort
- Camp stool
- Camp sleep mat
- Lunch

Extra:
- Flip flops
- Sunscreen
- Beach hat
- Hair sunburns
- Underwear
- Socks

Walking books or runners

Lace up shoes

T-shirt

Shorts

Where to bring:

Essential equipment:

- Snorkel
- Snorkel
- Snorkel
Personal Equipment List

Some extra information to help you plan what to bring – and what to leave at home …..

Raincoats
Although Mebbin is in sub-tropical Northern NSW temperatures often fall below zero at night and atop Mt Warning (wind chill) - especially during winter. In the interests of group safety therefore every participant must carry a reasonable quality rain coat. In the interests of good health, garbage bags and coats of similar weight material are not acceptable safety garments. Students without raincoats may be required to hire one (for $10) or be withdrawn from the activity/camp.

Clothing
Clothing quantities depend on the length of program. This list covers the essential items which must be worn or brought to camp. If you don’t bring a hat – or the hat you bring is not appropriate - we will require you to buy one of our sunhats ($15 each).

First Aid Kits
Students are expected to be responsible for carrying a small 1st Aid Kit as in the list above. If you are allergic to band-aids or strapping tape please bring a supply of non-allergenic tape for your use.
Teachers and/or Outward Bound @ Inter-Action staff will carry comprehensive First Aid Kits. Pain killers or prescription drugs must be handed in to teachers.

DO NOT BRING:
- Any item contrary to school rules... alcohol, cigarettes, and recreation drugs
- Valuable watches or jewellery
- Aerosol cans, matches, lighters
- Hair dryers
- Thongs or sandals
- Knives/sling shots
- Lollies or chewing gum
- Electronic equipment i.e. iPods, or mobile phones ….., and why not??

At Outward Bound @ Inter-Action, one of our aims is to establish a “mini-community” where each activity group takes responsibility for developing a self-sufficient, smooth running team. We often begin by creating a working agreement with the group where they set guidelines and expectations for individual and group behaviour. During the program many of the experiences and achievements enhance this process of group development.

With this in mind, we ask that students don’t bring electronic equipment such as iPods and mobile phones. The introduction of any of this equipment into the process of group development brings in outside influences which dilute the effectiveness of the team building process.

If students (or their parents) are concerned about issues of communication for safety reasons – all our instructing staff carry appropriate communication devices (UHF radios, 3G or Sat phones, SPOT GPS satellite messengers) when away from base camp. There is also a phone at base camp for contact with the school or parents if necessary.
We ask that teachers, parents and students support us in this area by not bringing electronic equipment on Outward Bound @ Inter-Action programs.

Taking home your own rubbish
Because Outward Bound @ Inter-Action operates in the bush we need to take care of the disposal of all the rubbish that comes to the site – we don’t have a rubbish collection service. We aim to operate in an ecologically friendly and sustainable manner so that we can walk lightly as an Australian company concerned for the environment.
We ask that our visitors take home all the rubbish they bring with them, rather than dumping it in the bin. The exceptions will be material such as food scraps (which we will compost), and any sanitary items (which we will dispose of).

There is nothing that we ask students to bring on camp that should generate rubbish. A small rubbish bag (e.g. a Coles shopping bag) for each person to place any personal rubbish in, and a willingness to co-operate with us in this area, should be all that is needed.

Thanks for your help

We look forward to seeing you on camp