



Packing List – Adventurous Journey Overnight visits

Our climate can be hot in summer and cold in winter so please pack clothes suitable for the predicted temperatures for Kilcoy during your stay. Due to the nature of the activities being undertaken, expensive clothing or expensive shoes are not suitable.

What to Bring

All clothing needs to be Sun Smart including shirts with long sleeves/collars and long pants

- Sunscreen/Insect repellent (**NO aerosols**)
- Broad brimmed hat (**caps and visors are NOT suitable**)
- Enclosed shoes suitable for outdoor activities (**croc style footwear and sandals are NOT suitable**)
- Raincoat (**lightweight preferable, parker style raincoats are NOT suitable**)
- Jumper
- Pants – long shorts or long pants
- Shirts – Sun Smart (**singlets and midriff tops are NOT suitable**)
- Long sleeve collared shirt (**required for canoeing/bushwalking**)
- Lightweight long pants (**required for canoeing/bushwalking**)
- Another pair of enclosed shoes (joggers, or water/hydro shoes) that will get wet (**required for canoeing**)
- Spare socks and underwear
- Towel
- Pillow
- Sleeping bag and sheets (Please note the temperature can vary greatly between day and night so ensure you have sufficient warm bedding particularly if sleeping in tents. Include a sheet in case the nights are too warm for blankets and sleeping bags).
- Torch
- Soap and deodorant (**NO aerosols**)
- Toothbrush and toothpaste
- Personal prescribed medication (**such as asthma inhalers, epi-pens etc**)
- Plastic rubbish bag for wet/dirty clothes
- Water bottles (sufficient water: 3 litres/day)
 - Canoeing: 2L cordial bottles with handles are perfect for canoeing
 - Bushwalking: 1.5L water bottles are perfect for fitting into side compartments of backpack
- Plate, bowl, cup, fork, spoon, sponge/scourer, tea towel
- 2 heavy duty garbage bags,
- 2-3 metres string
- Band aids

!!!DO NOT BRING!!! (Unless told otherwise)

- Soft drinks or any type of junk food
- Money, watches and jewellery [medical alerts are exempt].
- Personal electronic devices such as iPods / phones / games / cameras
- Aerosols or any type of spray