



What to Bring – Stage 2

- ☐ Warm sleeping bag/ bed linen/ blankets, pillow and pillow case, towel
- ☐ Clothing: Warm casual clothing (jeans, tshirts, jumper, beanie, scarf, gloves, etc), **raincoat**, hat, suitable outdoor footwear and socks
- ☐ **Full formal GB uniform** (including stockings and shoes, and a coathanger to hang it up) – If your GB Company wears polo shirt and jeans, or if you are not in Girls' Brigade, please contact Jennie Wallace 0413 313 904 or qldleadership@girlsbrigade.org.au for appropriate dress requirements.
- ☐ Personal medication and health supplies, including anything needed for existing injuries or conditions (e.g. antihistamines, strapping tape, knee or ankle braces, heat pack, blister care)
- ☐ Toiletries, insect repellent, sunscreen, tissues, water bottle, small hand gel
- ☐ Torch (with spare batteries – very important for your ECHO experience!)
- ☐ Bible, pens, colouring pens (please only bring a small handful) – it will be useful to have a tote bag to carry your manual and other belongings during Course.
- ☐ We will provide you with a manual and journal for Course. You can bring an existing journal with you, but it cannot be taken on ECHO.
- ☐ For camping - EVERYTHING MUST BE ABLE TO BE PACKED IN YOUR HIKING PACK
 - hiking backpack (NOT a school bag)
 - large garbage bags
 - billy / small saucepan
 - plate, bowl, mug, cutlery, tea towel
 - cooking gear/utensils for camping
 - suitable clothing and sleepwear for camping (for warm and cold weather)
 - hammer
 - small tarp
 - hexamine stove & cooking tablets (NO gas/liquid stoves)
 - small pack of baby wipes (for hygiene needs)
 - small trowel (essential – needed to dig your toilet)
 - foam bed roll or compact air mattress & sleeping bag suitable for cold climate (NO swags)
 - small tent with fly cover - no bigger than 2/3 person (please check that all parts are included)
 - NO chairs or other home comforts
- ☐ Personal Emergency Kit – this is for your personal use while camping
 - Band-aids (not a whole box)
 - 7.5cm crepe bandage
 - Triangular bandage
 - Small non-stick dressings
 - Antiseptic wipes (eg MediSwab)
 - Antiseptic cream (eg Savlon)
 - Disposable towel (eg Chux)
 - Small re-sealable bag/container to pack it all in
 - Large re-sealable bag (for waterproofing)
 - 3 large safety pins
 - Packet of Matches in zip lock bag
 - Small scissors and tweezers
 - Latex gloves (not a whole box)
 - Paper and pencil
 - Needle and thread
 - Whistle (sports whistle not GB one)
 - Spare shoe/boot lace
 - **Space blanket/foil blanket (essential)** – available in Big W/Kmart & Camping stores
- ☐ Optional: small amount of cash for in-camp canteen
- ☐ Sense of humour and willingness to participate in ALL activities!!

PLEASE DO NOT BRING: Valuable personal items or jewellery, **mobile phones (as per the agreement on registration)**, electronic equipment (laptops, etc).

*If you don't have or cannot borrow some items (eg backpack, tent) please contact **Elissa McAuliffe** (0411 733 441) or ldcstage2@girlsbrigade.org.au by **31 August** so alternative arrangements can be made.*