



## What to Bring – Stage 1

- Warm sleeping bag/ bed linen/ blankets, pillow and pillow case, towel
- Clothing: Warm casual clothing (underwear, beanie, scarf, pyjamas, jeans, jumper, shirts with collar, sleeves, etc - skirts are not appropriate for any activities), old clothes for outdoor activities, **raincoat**, hat, suitable footwear and socks for hiking and outdoor activities. A second pair of joggers is handy in case of rain. It can be COLD – make sure you have a warm jumper/jacket for outside/night activities.
- Plastic bags for wet and dirty clothes
- Full formal uniform** (including stockings and shoes) – If your Girls' Brigade 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](mailto:qldleadership@girlsbrigade.org.au) for appropriate dress requirements
- Toiletries, insect repellent, sunscreen, personal water bottle
- Personal medication
- Torch (with spare batteries)
- Bible, notebook, pens
- For overnight expedition – hiking pack (school backpack is NOT suitable), billy, plate, mug, cutlery, large garbage bags, 2 x 1.25litre water containers, plastic bags, teatowel, sleeping bag, bed roll, individual ground sheet big enough to sleep on (bed rolls and groundsheets/tarps are not expensive and can be found in the camping section of Big W/Kmart).
- Personal Emergency Kit – this is for your personal use while outdoors
  - Band-aids (not a whole box)
  - 7.5cm crepe bandage
  - Triangular bandage
  - Small non-stick dressing
  - Space blanket – available in Kmart / Big W
  - 1 small re-sealable bag/container to pack it all in
  - Small tube antiseptic cream
  - Whistle
  - Spare shoe/boot lace
  - 3 safety pins
- Optional: camera, musical instruments, money 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) or excessive amounts of money.

*If you don't have or cannot borrow some items (eg hiking pack) please contact Stage 1 Coordinator **Fiona Mahony** (0407 027 063) [ldcstage1@girlsbrigade.org.au](mailto:ldcstage1@girlsbrigade.org.au) ASAP to arrange an alternative.*