



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 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 for appropriate dress requirements
 - Toiletries, insect repellent, sunscreen, tissues, small water bottle, small hand gel
 - Personal medication
 - Torch (with spare batteries – very important for your ECHO experience!)
 - Bible, pens.
 - NO extra notebooks, journals. We will provide you with a manual and journal for Course.
 - For camping - EVERYTHING MUST BE ABLE TO BE PACKED IN YOUR HIKING PACK
 - Hiking backpack (school bag is NOT suitable)
 - large garbage bags
 - billy
 - plate, bowl, mug, cutlery, tea towel
 - cooking gear/utensils for camping
 - suitable clothing and sleepwear for camping (for warm and cold weather)
 - hexamine stove & cooking tablets (NO large cooking equipment & NO gas/liquid stoves)
 - small pack of baby wipes (for hygiene needs)
 - small trowel (essential – needed to dig your toilet)
 - foam bed roll & sleeping bag suitable for cold climate (NO air mattress or swags)
 - small tent - 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
 - Spare shoe/boot lace
 - **Space blanket/foil blanket (essential)** – available in Big W/Kmart & Camping stores
 - Optional: camera
 - Sense of humour and willingness to participate in ALL activities!!
- PLEASE DO NOT BRING:** Valuable personal items or jewellery, **mobile phones** (as per agreement at 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 **Fiona Waites** (0438 003 949) or ldcstage2@girlsbrigade.org.au by **31 August** so alternative arrangements can be made.*