WHAT TO BRING TO WOLLANGARRA

Wollangarra has a well-stocked gear store of donated, op-shopped or fundraised-for second-hand and solid hiking gear. We operate with the ethos that young people should be able to be kitted-out to safely head into the mountains, no matter what financial background they come from. Please try and pack everything on this list. Everything you pack you will be carrying into Wollangarra (about 2kms) – We strongly recommend only bringing what you need and packing into a back-pack or duffel bag rather than a suitcase. Op-shops are great for obtaining most of these items below, if you do not already own them, or can't borrow them off a friend, relative or school-mate.

- 2 Pairs of long pants – Lightweight “trackies” or Wool are best – (1 pair for at nights on hike - not Jeans)
- 2 Pairs of shorts (1 pair for hiking - not denim - sports/swimming/board shorts are great)
- 1 Long sleeve shirt with a collar (for hiking) - flannelette, polyester or cotton
- 2 T-shirts - with sleeves to at least mid-upper arm
- 4 Pairs of socks - not ankle socks (3 pairs are for hiking so thick wool/wool blend sock are best)
- 5 Sets of underwear
- 1 Closed toe shoes – hiking boots if you have them, otherwise boots or sneakers.
- 1 Torch and spare batteries - If you are going to buy these, it is preferable that you get a head-torch
- 1 Set of basic toiletries – toothbrush, toothpaste, bar of soap
- 1 Wide brimmed hat - not a baseball cap
- 1 Sunscreen – a small tube, all year round
- 1 Any required personal medications - eg. asthma puffer, allergy medication etc.
- 3 Strong garbage bags - for waterproofing items and carrying home dirty gear
- 1 Pair of swimmers or something to swim in – all year round
- 1 Small towel
- 1 Money to buy lunch on the first and last days - if on a school course, check with school if this applies to you
- 1 Roll of Sports Tape - if you have any existing knee or ankle injuries that may require taping

Optional (Wollangarra supplies these, but you may bring your own if you have them - we will check if they are suitable to keep you safe in the mountains).

- 2 Woollen or Polar fleece jumpers
- 1 Pair of hiking boots - worn in with good ankle support
- 1 Thermal pants and Thermal long-sleeve top - polypropylene or wool
- 1 Rain jacket - please no ‘Rain Bird’ jackets
- 1 Pair of waterproof Over-Pants
- 2 1 Litre water bottles - hard plastic, aluminium or steel.
- 1 Sleeping Bag – Wollangarra provides sleeping bags suitable for out on hike and back at the Homestead
- 1 Inner sheet and Sleeping mat
- 1 Hiking backpack - must be at least a 60 litre pack
- 1 Beanies and mittens
- 1 Emergency whistle
- 1 Backpack liner

A camera and a journal are great to bring along too. Just make sure you waterproof them with a zip-lock bag or something similar.

If you do bring your own equipment we will check it's suitability for the hike, and reserve the right to insist that you use Wollangarra equipment if we feel it is safer or better suited. Please do not bring tents.

You are financially responsible for the loss or deliberate damage of all Wollangarra equipment and property, so please treat it well.

WHAT TO LEAVE AT HOME

Lollies and junk food
All personal music players e.g. iPods
Mobile phones

Computers and electronic games
Hairdryers
Valuables - damage or loss is possible

Knives and weapons inc. pocket knives
Make-up and aerosol spray deodorant
Cigarettes

Wollangarra offers a unique chance to be away from all of these things, to enjoy a week of living simply and healthily as part of a small community without modern technology.