

Cockatoo Grade 4 Bike Ride

CLOTHING AND PERSONAL EQUIPMENT LIST

General considerations

Clothing taken on outdoor or adventure programs should allow participants to be comfortable and protected in a range of conditions, regardless of the season. Clothing that is quick drying and resistant to damage is ideal. Clothing should fit the person well. Practicality is the emphasis rather than how fashionable clothes are! Unsuitable or ill-fitted clothing can impair student participation and may be hazardous.

Essential clothing and equipment all students must bring:

- sun hat (not to be worn under helmets)
- sneakers
- water bottle
- rain coat
- warm jumper

Other Clothes (bright clothing would be ideal)

- long pants
- windcheaters
- shorts
- pair sneakers (for riding)
- Shoes for being at camp
- t-shirts
- changes of underwear
- socks
- pyjamas

Sleeping

- sleeping bag
- sleeping mat
- pillow

Toiletries

- soap
- toothbrush and toothpaste
- sunscreen
- insect repellent

Personal equipment

- Small back pack
- personal medical requirements
- bike
- bike helmet
- sunglasses (optional)

Notes

- All personal items and baggage should be clearly marked with the owner's name.
- As a health precaution students are advised not to bring aerosol propellant cans e.g. deodorant sprays.