



WHAT TO BRING

Paluma Adventure Camp

Sleeping Gear:

- Sleeping Bag
- Pillow
- Basic sleeping mats are provided
- Tents are provided

Camp & Activity Clothes:

- Hat - wide brim hat is best
- 2x Pants: Tights are best or long pants that are ok when wet and dry quickly (no jeans)
- 2x Long sleeve shirt
- 2x T-shirt (no singlets)
- 1x Shorts (For free time mainly, as shorts are not suited for activities)
- 1x Warm jacket (water resistant/waterproof) (winter only)
- 2x Socks - no ankle socks. Plus one pair warm socks for night time (winter only)
- 1x Hiking shoes/ boots or runners. Plus a pair of sandals for around camp
- 1x Rain jacket
- 1x Water clothes: Long pants/tights, long sleeve shirt or rashie
- 1x set of clothes for night time. Bring warm longs in winter and t-shirt and shorts in summer. We do recommend to bring a jumper even in summer as it gets cool in Paluma at night time.

Toiletries:

- Toothbrush, toothpaste, deodorant
- Anti-chafe cream (3B Creme, Bepanthen etc.)
- Sunscreen & Mozzie Repellent (roll-on is best)
- 1x regular bath towel and 1x Small towel (to take on hike to waterfall)
- Personal medication, if required

Activity Gear:

- All activity equipment is supplied by us
- 20L Day Bag to take on hikes and to the dam
- 1x Headtorch (fully charged and/or spare batteries)
- 2x Drink bottle



WHAT TO BRING

Junior Adventure Camp

Food:

- Please do not bring any snacks with you, we provide all meals, including morning and afternoon tea. Personal snacks often end up in the tents which gets messy and attracts rodents to the Centre. You also might bring something that other people are allergic to.
- Please advise us of any dietary requirements as we will try our best to cater for most requirements. We recommend to bring your own snacks if you have any complex dietary requirements.

Optional Items:

- Camera (ideally waterproof)
- Entertainment: Books, card games or other group games
- We have a strict NO DEVICES rule on camp. Phones have to be handed in to us and we keep them inside the house. Phone calls to the parents can be made, but we want the kids to make new friends and socialise without screens. They can tell you all about camp when they get home.

Other Info:

- Please don't rush out and buy new equipment just for this trip. Send us an email with anything you need and we can see if we have spare equipment available.
- When you are packing please have everything in separate bags. Bring a spare plastic bag for wet and dirty clothes.
- Pack everything inside one large suitcase or duffel bag. They can take items out from it as they need. The big bags will stay in the shed, protected from the weather. Only the sleeping equipment will be allowed in the tents.
- Please ensure you have filled out the booking form correctly, including any medical and dietary requirements and emergency contact details.

If you have any questions, don't hesitate to contact us directly:
Sam Stedman 0421 484 211 or events@outerlimitsadventure.com.au