

Living Springs Adventure Camping

NOTES ABOUT GEAR TO BRING TO LIVING SPRINGS CAMP

LS programmes run rain or shine. Often the best adventures are to be had in what seems like the most challenging conditions. Groups therefore need to be prepared so that their clothing can handle any weather. The following is important information regarding the gear required, followed by a gear list. You must have all of these items, so if you do not have the items, you should try to borrow from friends and family. If this is not possible, you are able to hire some gear from LS. Your instructor will check you have all required gear when you arrive.

Instructors will be checking to see if you have a three layer clothing approach. Layer one, next to skin, needs to be a thermal layer to wick away any moisture. Layer two needs to be a warmth layer and layer three needs to be a wind and rain proof outer shell.

Parka / Jacket:

Will protect you from heavy rain and cold winds. Sometimes you may need to wear it all day. Your Parka needs to have a hood. If you have over trousers they are also a good option. Quilted ski jackets are not good as they are designed to keep you warm but not dry. Your rain gear is the most important part of your clothing system at LS. Make sure you are prepared to get wet every day.

Polypro, Fleece or Woollen Jersey:

These provide your insulating layers. At times you may meet conditions that are both cold and wet. Polypropylene, fleece and wool are the only fabrics that will stay warm once they are wet. Polypropylene, also called thermal underwear, is best worn next to your skin as it wicks the water away from your body. Wool or fleece is then worn over the top to insulate further. Fabrics such as cotton, denim or nylon do not insulate at all, in fact they cling to the skin keeping the body wet and cold. Only bring these items for social time in the evening or for very hot days.

Hats:

A woolly hat, beanie or balaclava is a great way to stay warm as most of your body heat is lost through the head. Sun hats are also important on the hot days to protect you from the sun.

Sturdy Shoes:

When walking on uneven terrain you need to wear shoes that support your ankles. Boots are the best option but if that is not possible lace up trail or cross trainer shoes will be best. Slip on and Velcro fastening shoes are not appropriate.

LS Adventures Camp does have some gear available:

Jackets

Polypro tops

Fleece tops

Day Packs

All requests for gear usage need to be made prior to arriving at camp. You need to state the size required: S, M, or L so we can make sure we have the correct gear available for you at your first activity. Let your teachers know who will then contact us. ***The cost of borrowing this equipment is included to the overall cost of the camp.***

NOTE: If you lose this gear or wilfully damage it you are responsible for the replacement costs

STUDENT GEAR LIST AND CHECKLIST

Essential Items:	Packed	Need to get
• A day pack - not a satchel		
• Packed lunch for Day One		
• Plastic bag to use as waterproof liner in day pack.		
• Another big bag for your camping gear, preferably a pack.		
• Any personal medication		
• Polypropylene top		
• Polypropylene long johns or Fleece Trousers		
• Fleece or Woollen jerseys x 2		
• Woollen or polypropylene hat		
• Water proof parka with hood		
• Shorts x 2		
• T shirts x 2		
• Swimsuit/ Towel		
• Underclothes		
• Sun glasses/ Sunhat		
• Socks - woollen or polypropylene x 3		
• Sturdy walking shoes		
• Sleeping Bag		
• Torch & Batteries		
• Sun block		
• Drink bottle		
• Toiletries		
• Tea Towel		
• Knife, fork, spoon, mug, plate, bowl		
• Home Baking		
Optional Items:		
• Waterproof over trousers		
• Pillow & Pillow Case		
• Snacks		
• Camera		
• First Aid Kit, (Plasters For Blisters / strapping tape for existing injuries etc)		

Living Springs Adventures Camp gear available: Jackets, Polypro tops, Fleece tops, Day Packs.

Caution: Absolutely **NO** electronic devices on Camp

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