

Equipment item	Tick if packed
Lunch box	
1 litre drink bottle	
Small backpack for day use	
Soft bag for packed gear	
Sleeping bag or swag	
Pillow, sleeping mat and tent	
(tent not required at Field Studies Huts)	
Plastic utensils: plate / bowl / mug	
Cutlery: knife / fork / spoon	
Raincoat	
Small towel/ swimmers or clothes that can get wet - if required	
Extra covered shoes that can get wet (e.g. reef boots, old	
sneakers) - if required	
Toiletries: soap / toothbrush / toothpaste	
Change of clothes: socks / shorts / long pants /T shirt	
Hat and beanie	
Jumper or warm jacket	
Covered shoes suitable for walking	
Small torch	
Insect repellent – roll on, not aerosol	
Sunscreen	
Basic first aid kit: elastic bandage / bandaids	

Do not bring any product in aerosol can, mobile phones or electronic devices

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