

| 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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