

Dear program participants and families,

Your PCYC Leadership Development experience is fast approaching, and while you're probably excited about the adventure and learning to be had, there are a few things you need to know.

If your program is happening at Bornhoffen PCYC or the Gold Coast Hinterland, you need to be prepared for the weather this region experiences. Nighttime temperatures are often 5 to 10 degrees cooler than those of Brisbane and the Gold Coast. Also, we're one of the wettest locations in Australia. If it's going to rain in southeast QLD, it'll likely be in the Hinterland.

Having the appropriate clothing not only makes for a more enjoyable experience but will also help keep you safer by reducing avoidable challenges, injuries or unpleasantries. Please read through the equipment list (over page), items in **Red** are **critical to you/your child's safety!** When packing, please consider your program location, duration, time of year and whether you're camping out. These factors should influence what and how you pack.

When purchasing new items, we recommend

**Wild Earth:** 25 Central Dr, Burleigh Heads QLD 4220

**Paddy Pallin:** 120 Wickham St, Fortitude Valley QLD 4006

**K2 Base Camp:** 140 Wickham St, Fortitude Valley QLD 4206

**Macpac:** Multiple stores can be found online, visit their website to find your closest store.

Just take this equipment list with you when you're shopping for items on the equipment list. This will ensure you get the right advice, equipment and at the best price.

If you have any concerns or questions regarding the equipment list, or how best to prepare for your Leadership Development experience, please contact your school/organization.

We look forward to having you on program and supporting your learning.

Warm regards,

The Leadership Development team

PCYC Bornhoffen

ITEM/ CLOTHING	NOTES	
<b>ESSENTIAL ITEMS FOR ALL PROGRAMS</b>		
Rain jacket	Disposable Ponchos are <b>NOT</b> acceptable. Bornhoffen quite often experiences heavy rain	<input type="checkbox"/>
Hat - broad-brimmed	Caps are not suitable for days in the sun	<input type="checkbox"/>
Warm jumper	Synthetic Fleece is ideal. The weather here is often 5 to 10 degrees colder than in Brisbane or the Gold Coast	<input type="checkbox"/>
<b>PERSONAL ITEMS FOR MULTI-DAY EXPERIENCES</b>		
Torch (with spare batteries)	Headtorch or small handheld are Perfect	<input type="checkbox"/>
Toiletries (no aerosols please)	Toothbrush & toothpaste Soap/Shower Gel, SANITARY ITEMS	<input type="checkbox"/>
Sunscreen	At least SPF30+	<input type="checkbox"/>
Insect repellent		<input type="checkbox"/>
Water bottles	Two One Liter+ Bottles (Soft drink or Juice bottles are perfect)	<input type="checkbox"/>
Any personal medication	E.g. asthma puffer, EpiPen. Please don't provide your child with over counter medications (e.g. paracetamol). Our staff have these if required.	<input type="checkbox"/>
<b>EQUIPMENT AND CLOTHING FOR EXPEDITIONS AND CAMPOUTS</b>		
Sleeping Bag	Large Sleeping bags or bags without a stuff sack are not suitable, e.g. no bigger than a shopping Bag	<input type="checkbox"/>
Sleepwear	Clothes for sleeping in and only wearing in your tent (please be practical)	<input type="checkbox"/>
Covered shoes or boots	Footwear that supports the foot, fits well, and that have sufficient grip for outdoor activities.	<input type="checkbox"/>
Long pants or shorts	Quick drying is preferred and can be worn for multiple days.	<input type="checkbox"/>
Shirts	Long sleeved and synthetic are ideal. One shirt for every two days is sufficient.	<input type="checkbox"/>
Socks and Underwear	Wool socks are great. A change for each day plus one spare set is sufficient	<input type="checkbox"/>
Toiletries	Toothbrush and travel-size toothpaste is all that is required. A Hairbrush/Comb is optional	<input type="checkbox"/>
Garbage bags	5 Garden-style for waterproofing gear and separating dirty clothes + 5 kitchen tidy-size bags for managing rubbish	<input type="checkbox"/>
Warm hat or beanie		<input type="checkbox"/>
Eating utensils	Plate, bowl, cup and eating utensils, Tea towel (disposable items are not suitable)	<input type="checkbox"/>
<b>OPTIONAL ITEMS</b>		
Camera	Bring at your own risk. Please take precautions to keep this dry	<input type="checkbox"/>
Wet wipes	Travel size, these are great for keeping clean when showers or a swim aren't an option.	<input type="checkbox"/>
Notepad and pencil	Pencils don't run out and work in the wet	<input type="checkbox"/>
Small camping pillow	Throw pillow or inflating camping pillow	<input type="checkbox"/>
<b>PLEASE DO NOT BRING</b>		
Pocket knife		<input type="checkbox"/>
Recreational drugs or alcohol		<input type="checkbox"/>

Items in **Red** are **critical to you/ your child's safety**. Please ensure they have these items.