

# CYC The Island

## CLOTHING AND PERSONAL EQUIPMENT LIST

### General considerations

Clothing taken on outdoor or adventure programs should allow participants to be comfortable and protected in a range of conditions, regardless of the season. Clothing that is quick drying and resistant to damage is ideal. Clothing should fit the person well. Practicality is the emphasis rather than how fashionable clothes are! Unsuitable or ill-fitted clothing can impair student participation and may be hazardous.

**Note:** Students must not bring alcohol, cigarettes, medication not documented on the medical form, or illegal substances. Other items not to be taken must be communicated to students and parents.

### Essential clothing and equipment all students must bring:

- Rain coat
- Warm jumper
- Long pants
- Shorts
- Woollen or Polar fleece jumper (at least one)
- T-shirts
- Long sleeve top
- Changes of underwear
- Socks
- Pyjamas
- Rain coat
- Sneakers
- 1 additional pair of shoes (in case of wet weather)
- Sun hat
- Water bottle
- Swimmers
- Thongs
- Bath mat
- Shower Towel
- Beach Towel

### Sleeping

- Sleeping bag or Sheets
- Pillowslip
- Own Pillow (Optional, one provided)

### Toiletries

- Soap and Shampoo
- Toothbrush and Toothpaste
- Deodorant (no aerosol sprays)
- Face washer
- Hair brush/Comb
- Insect repellent

### Personal equipment

- Torch with batteries (fully working)
- Personal medical requirements
- Camera

### For Winter Programs

#### Clothing

- Gloves
- Beanie
- Scarf
- Warm Overcoat/Rain Jacket

### Notes

- Staff should communicate to students what money they may need for incidentals during the program.
- All personal items and baggage should be clearly marked with the owner's name.
- A policy on portable music players should be communicated to students and parents. Where such items are allowed, it should be made clear to parents and students that no responsibility will be taken for any loss.
- A policy on mobile phones should be communicated to students and parents. Where such items are allowed, it should be made clear to parents and students that no responsibility will be taken for any loss, see: [School Policy and Advisory Guide – Students Using Mobile Phones](#).
- As a health precaution students are advised not to bring aerosol propellant cans e.g. deodorant sprays.

*Note: This proforma provides one suggested list of clothing and equipment. There may be other essential or useful items and as such it is not an exhaustive list.*