



**Intergenerational
Environment Awareness
Outdoor Camp 2010**

Suggested list of personal belongings

Light for the night

1. Gas Lamps
2. Torches
3. Extra batteries
4. Electricity Extension (electricity supply is available near the tents)

Sun protection

1. Sun Umbrella
2. Sun hat
3. Sun block lotion

Sleeping and resting

1. Inflatable mattress
2. Air Pump for inflatable mattress
3. Sleeping bags
4. A small or inflatable pillow
5. Folding Chairs

Cleaning

1. Garbage bags black and grey (for paper and plastic)
2. Dish washing liquid (to wash your mugs after coffee etc)
3. Dish washing sponges
4. Tea towels

Personal Hygiene and safety ¹

1. Towels
2. Toiletries
3. Basic First Aid box:
4. Burn Spray
5. Mosquito Repellant
6. Warm clothes for the night, scarves and warm hats/beanies
7. Spare Clothes and underwear

Extra food and drink ²

1. Some biscuits, snacks and fruit to eat between meals
2. A bottle or two of water to drink between meals
3. Mugs for coffee/ tea
4. Some coffee, tea, sugar etc (+kettle and burner)

Other

1. Camera
2. Mobile phone charger
3. Any personal medicine you usually take with you such as inhalers

A packed lunch for Saturday noon

¹ Showers are available in the Camp Site

² No alcohol will be allowed during the Intergen Camp