

MERC OVERNIGHTS

PACKING LIST

Clothing:

- Sunhat or beanie (for sun protection or warmth)
- shirt (UPF-rated clothing for sun protection)
- Swimsuit / Swimming togs / Rash shirt
- Shorts (comfortable for daytime activities)
- 2-3 Warm top (for the evening)
- 2-3 Long pants (for cooler evenings)
- Underwear & socks (enough for the duration of your trip)
- Sleepwear (pyjamas)
- Fleece or light jacket (for warmth at night)
- Secure, closed-toe footwear (required for all land activities)
- Waterproof jacket
- Towel (for water activities)
- Sunscreen

Day to day

- Day backpack (to carry snacks, sunscreen, etc.)
- Drink bottle (reusable and durable)
- Torch/headlamp (for evening activities or bathroom trips)

Personal Hygiene & Toiletries:

- Toiletries (toothbrush, toothpaste, comb, etc.)
- Sanitary items (if needed)
- Tea towel (for drying dishes)
- Plates, cup, knife, fork, and spoon (preferably in a small bag to keep organised)
- Towel (for showers and swimming)
- Plastic bag for wet/dirty clothes

Bedding:

- Sleeping bag and blankets
- Pillow and pillowcase

Extras(optional):

- Notebook and pen (for any fun activities or journaling)
- card games for free time
- Personal snacks (if needed for dietary restrictions, must be handed to staff))
- **Any personal medication. (must be handed to staff with a prescription)**

