



## What to Bring to:

Arrival at The Crossing is mostly by river or hike journey. Journeys can be 4hrs+. Water reflection sunburn, oyster cuts, bush bites, stings and plant cuts can be easily avoided with the following essential gear.

### For the arrival journey be wearing:

- light –weight, long-sleeved & light coloured shirt with a collar** (bush protection from scratches & bites)
- light-weight long pants that cover all of the legs** (bush protection from scratches & bites - preferably something that dries fast like nylon. You can wear boardshorts underneath and pull off the pants for a while when canoeing, but sunscreen won't cope with river sun reflection for 4 or so hours)
- swimmers/rashie/boardshorts** worn underneath ready for a swim
- old runners or crocs or booties that can get wet to cover bottom and top of feet in the tidal river for swimming/canoeing** (for protection from tidal river oyster shells/spines)
- sunscreen and broad brimmed hat** (sunglasses optional)

### In a daypack that you can comfortably carry over both shoulders pack:

- light-weight rain jacket** for protection against cold winds/rain/sea spray & sun
- morning tea snack and/or lunch**
- minimum of 1lt of water** in two small water bottles (allows for breakage without total loss)
- personal medication** eg: **asthma puffer, epipen, antihistamine** if needed & **personal first aid** eg: bandaids
- a plastic bag** big enough to put your daypack inside to keep it dry when canoeing or crossing the river

### In a separate overnight bag that will be taken by vehicle to The Crossing pack:

- 1 x long pants, 1 x shorts, 1 x shirt with covered shoulders (not singlets)**
- 1 x warm jumper** (fleece is best or wool)
- warm **sleeping bag & beanie** for cold nights & **a set of thermals or at least a thermal top in cooler months**
- pajamas, toothbrush, other toiletries and a towel**
- underwear and spare socks** (socks longer than ankle socks are better in the bush for tick prevention to tuck pants into)
- a small **torch**
- spare set of dry **runners/walking boots**

## Not permitted for safety reasons

**Mobile phones or e-devices:** E-devices used by untrained first aid responders pose interference risk for staff emergency response. E-devices can interfere with friends sleep at night especially if inappropriate music or videos are playing. Being alert and having full hearing is also important on journeys in the bush and when doing tasks with others.

**Thongs/flip-flops, knives, matches, lighters & spray deodorant:** so everyone around you can feel safe.

**Valuable items:** jewellery, watches, credit cards are easily lost so please leave them at home. Also, we run an off-the-grid solar electricity system so hairdryers are not safe.

**Sugary lollies or softdrinks:** Food in student bags can bring bush rats into sleeping areas causing damage to bags and clothing. Late night sugar highs result in poor decision making, unsafe behavior and sleep issues.

The Crossing is a place where young people take responsibility for each other and for community projects. We know adventures need fuel and we provide plenty of healthy, great tasting snacks. We use all sorts of hand tools under supervision and have our own e-devices for safety – you do not need your own. **Please respect these important safety precautions or you will be asked to leave and your parents will be phoned to come and pick you up.**

**We are serious about safety.**

an Aussie not-for-profit camp for youth of South East NSW  
'young people on journeys to sustainability'