

# Packing for 4-10 Days Afternoon Arrival @



Arrival and departure from The Crossing is by hike journey through the bush 1-2hrs. Bites, stings and plant cuts can be easily avoided with the following essential gear. (some groups may have a canoe departure if they can leave by bus from Bermagui after lunch)

## For the arrival journey be wearing:

- Light-weight, long-sleeved & light coloured shirt with a collar** (protection from scratches & bites)
- hiking boots or sneakers with high ankle support**
- light-weight long pants** (protection from scratches & bites; jeans are not acceptable as cotton becomes very cold when wet)
- sunscreen and broad brimmed hat** (sunglasses optional, bring a strap to hold them on or your sunglasses are likely to get damaged)

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

- light-weight rain jacket** for protection against cold winds or rain
- light fleece jumper for cold winds on the water or in the evening**
- lunch and snacks for day 1**
- at least two water bottles with a minimum** of 1.5lt of water (allows for breakage without total loss)
- personal medication** eg: **asthma puffer, epipen, antihistamine** if needed & **personal first aid** eg: bandaids

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

- old runners, booties or deck shoes that can get wet to cover bottom and top of feet in the tidal river** (for protection from tidal river oyster shells/spines, closed toe is important, no thongs)
- extra pairs of light weight long pants** (because we are mostly on the farm or in the bush we wear light and long farm clothing, outdoor nylon pants that zip off at the knees are the closest we get to wearing shorts for canoeing or beach walks as the bottoms may then be zipped on again to walk in long grass or in bush once we leave the canoes or leave the beach. If sunburn from reflection is an issue we can also zip the legs back on)
- 2 extra light weight long-sleeved shirts**
- singlets and t-shirts may be added for warmth but long sleeves are required to be worn at all times on the farm and in the bush**
- a warm jumper** (fleece is best or wool)
- warm sleeping bag & beanie** for cold nights & **a set of thermals for camping as some nights can still be cold in November**
- hardcell foam or thermarest mat to sleep on for overnight in tent**
- pajamas, toothbrush, other toiletries and a towel**

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- spare underwear and spare socks** (socks longer than ankle socks are better in the bush for tick prevention to tuck pants into, 'explorer' wool/nylon blend socks are better than cotton ones as cotton gets very cold when wet)
- a small **head torch**

## What not to bring 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** as they do not fully cover and protect feet from injury

**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 problems.

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.**

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