



Crossing What to Bring: Info and Gear

About The Crossing:

The Crossing is a one class not-for-profit, environment education camp with a permaculture design near Bermagui, NSW, Australia.

Our staff and volunteers help young people develop sustainability leadership skills through fire preparedness design actions including Landcare, water harvesting and food forest development.

Biamanga National Park adjoins the camp and The Crossing has the support of aboriginal owners for camping and research.

You can find us at <http://thecrossingland.org.au> email: stay@thecrossingland.org.au or phone 64933400. Also on Facebook, Twitter and Instagram as thecrossingland

What to bring to The Crossing:

Bush bites, stings, plant cuts and sunburn can be easily avoided with the following essential gear:

For the start of the journey be wearing:

- light –weight, long-sleeved & light coloured shirt with a collar** (bush protection from scratches & bites, ticks are more attracted to dark colours)
- light-weight long pants that cover all of the legs** (protection from scratches & bites - preferably something that dries fast like nylon – the pants that have zip-off lower leg sections are very useful)
- sturdy walking boots or runners**
- sunscreen and broad brimmed hat** (sunglasses optional)

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

- rain jacket** for protection against cold winds and rain, also can protect legs from sun in the canoe where sunscreen can struggle to do the job against reflection from the water (long shorts are advised eg: the nylon pants with zip off lower legs sections)
- 1lt water bottle**
- personal medication** eg: **asthma puffer, epipen, antihistamine** if needed & **personal first aid** eg: bandaids
- lunch brought from home (unless you have already eaten your lunch prior to arrival)**

In a separate overnight bag that will be taken by vehicle to camp pack:

- additional 1lt water bottle**
- 1 x long pants for work tasks, 1 x long legged shorts (or more versatile is a pair of long nylon pants with zip-off lower leg sections), 1 x shirt with collar to protect neck (not singlets)**
- 1 x warm jumper** (fleece or wool is best)
- warm sleeping bag**
- beanie**
- set of thermals or at least a thermal top (for cool nights and mornings)**
- 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**
- a spare plastic bag** big enough to put your daypack inside to keep it dry when canoeing
- plus old runners, crocs or booties that can get wet and protect the bottom and top of feet in the tidal river for swimming/canoeing** (for protection from tidal river oyster shells/spines)

Not permitted for safety reasons

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

No thongs/flip-flops, sharp knives, matches, lighters or spray deodorant: so everyone can feel safe. Only river shoes with full foot coverage are considered safe. The Crossing provides matches and appropriate knives with use instruction and supervision when they are needed. Spray deodorants can trigger asthma attacks in bunkrooms and can also set off fire alarms so are not suitable for camp. Roll-on deodorant is suitable.

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 at The Crossing so hairdryers are not safe for these systems.

Sugary lollies or softdrinks: Food in student bags attracts local wildlife and has caused native bush rats to gnaw through stainless steel fly wire into sleeping areas causing damage to bags and clothing and disrupted sleep. Late night sugar highs from student food can also result in poor decision making, unsafe behavior and sleep issues. Camp catering provides regular meals as well as morning and afternoon tea snacks and access to fresh fruit.

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 our staff carry emergency communication devices – students do not need their own e-devices.

Failure to respect these important safety precautions will result in parents being asked to pick up their child from camp. The Crossing is serious about safety.