

ICEP AUSTRALIA PACKING LIST

Becket-Chimney Corners YMCA

The weather in Australia can be quite cold, as it will be winter while you are there. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes. The Australian dress code is relaxed, so what you are comfortable wearing in cooler weather at home will work well on the trip. Please only bring what is on the packing list.

ESSENTIAL ITEMS

- PASSPORT** – Good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.
- LUGGAGE**—Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself. Bags should weigh under 50 pounds.
- DAYPACK**– Like a school backpack, it should be comfortable for hiking and be able to hold extra supplies.
- SLEEPING BAG with STUFF SACK**– Rated to 20 degrees. You will sleep in this every night and some nights are cold. Must fit inside your luggage.
- PILLOW** – We recommend a compressible travel pillow.
- WATER BOTTLES (1-2)** – Nalgene style (32 oz) is preferred.
- WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1)** — *campers who didn't pack this regretted it!*

CLOTHING AND FOOTWEAR

- PANTS (2-4 prs.)** – 1 pair for work/paint use, 1-2 daily use, 1 dress pant (see "school visit"). Leggings and sweat pants are not pants.
- RAIN PANTS /QUICK DRY PANTS (1 pr.)** – For work/paint use and to stay dry while kayaking
- LEGGINGS/SWEATPANTS (1-2prs.)**
- T-SHIRTS (6)** – 1 dress top/shirt (see "school visit")
- LONG SLEEVED SHIRTS (2)** – T-shirt or other lightweight material.
- MID-WEIGHT LONG SLEEVED SHIRTS (2)** – More layers! It's winter in the southern hemisphere.
- Mid-weight FLEECE or WOOL SWEATER (1)**
- HEAVY-WEIGHT FLEECE or DOWN JACKET (1)**
- UNDERWEAR (8prs.)**
- HATS (2)** – One warm winter hat, 1 sun or baseball style hat.
- GLOVES (2prs.)** – One warm pair and one set of work gloves.
- SOCKS (8 prs.)** – 2 pairs should be synthetic hiking or wool socks.
- BRAS (3-4)**
- PAJAMAS (1pr)**

- BATHING SUIT (1)** – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- LONG UNDERWEAR (TOP & BOTTOM)**– Polypropylene / Synthetic style. The warmer, the better.
- WORK OUTFIT TOP (1-2)** – For painting, etc., that covers shoulders, torso, and upper legs.
- OUTFIT for SCHOOL VISIT (1)** – Black pants (not leggings) and modest long sleeve top e.g. a button down shirt.
- STURDY SHOES (2 prs.)** – 1 pair tough sneakers or lightweight trail shoes; there will be mud! 1 pair comfortable shoes for everyday use.
- FLIP FLOPS/CHACOS (1pr.)** – for showering & kayaking

MISCELLANEOUS

- TOILETRIES** – Enough for the whole trip.
- STRONG SUN BLOCK** – SPF 30 or higher.
- LIP BALM/LOTION** –The winter air in Australia can be dry.
- PADS/TAMPONS** – Female campers should bring them even if you think you will not need them.
- TOWEL or PACK TOWEL**
- MONEY BELT or FANNY PACK** – bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport on the program.
- CAMERA/Memory Card/Charger** –This cannot be your cell phone; cell phones are not allowed.
- WATCH**– It is really important to be on time.
- TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.
- FLASHLIGHT or HEADLAMP** – Compact with extra batteries. This will be your nightlight.
- SPARE EYEGASSES** – For contact wearers.
- GIFT FOR HOST FAMILY** – Be creative; think of something special from where you live. For example: a calendar, clothing from local sports teams, games, crafts, picture books or kitchen items.
- EXTRA BAG** — to keep at camp with anything you decide not to bring
- PHOTOS FROM HOME** – To break the ice with your host family. Photos of your family, pets, friends, hometown, etc.
- COLLAPSIBLE BAG** – to hold 3-4 days of clothes when camping. Your daypack could work for this.

___ **FIRST AID KIT*** – Keep it small and fill it with items you commonly need or use. Leaders will also carry a kit.

OPTIONAL

___ **BOOKS, MUSIC, GAMES** – For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wi-fi access but you are responsible for them. Charging may not always be available, outlets will be different.

___ **SMALL, INEXPENSIVE GIFTS** – to exchange with host peers

___ **ANTI-BACTERIAL HAND GEL**

___ **MUSICAL INSTRUMENT**

___ **DOWN VEST**- Very nice to have if you get cold easily.

___ **RECIPES** – For cooking with group.

___ **JOURNAL/ LETTER WRITING MATERIALS**

___ **SCARF** – For cold, rainy days.

___ **OUTLET ADAPTOR** – Find them at BestBuy or other electronic stores.



___ **LUGGAGE LOCK**

___ **SUNGLASSES**

___ **SET UP SKYPE ACCOUNT**- While not guaranteed, participants may have occasional access to Skype to call or message home.

___ **SOUVENIR MONEY** – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.

***All medications must remain in their original packaging.** If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All meds will be turned in to the infirmary while at camp and will be given back to you before you leave for your trip.

WHAT NOT TO BRING

- Cell Phones, computers, tablets, I-pod touch (MP3 players okay)**
- Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty
- Pocket knives or weapons of any kind



**TSP Participants are not allowed to bring electronic devices that allow them access to the internet or texting. Standard MP3 players are okay. If your phone is also your camera, MP3 player etc. you will need to bring separate devices or go without.

PACKING LIST GUIDE

Items on the packing list can be borrowed from friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, L.L Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

See below for links to items we frequently receive questions about:

[Sleeping Bag](#)

[Stuff Sack](#)

[Travel Pillow](#)

[Waterproof Rain Jacket](#)

[Work Gloves](#)

[Long Underwear Top & Bottom- Men's](#)

[Long Underwear Top and Bottom- Women's](#)

[Pack Towel](#)

[Money Belt](#)