

Things to bring: RAW 2009

Camp gear:

- Tent/swag if you own one (please state on application form)
- Sleeping bag
- Sunscreen
- Foam mat (optional)
- Torch – essential!!!
- Pillow

Clothes/Other:

- Decent hat (Wide-brimmed if possible)
- Waterproof jacket (in case it rains – it rained heaps last year!)
- Toothbrush/toothpaste
- Other toiletries
- Wet ones
- Enclosed shoes (e.g. sneakers, or work boots)
- Towel and swimmers
- Some clothes that can get dirty
- Your essentials (e.g. socks, underwear, other clothes)
- Some cold weather gear (it can get quite cold at night)
- Swimmers
- Towel
- Watch
- Any medications you may need
- Band-aids (for any cuts or grazes you may incur)
- **Reusable bowl, plate, cutlery and cup – THERE WILL NOT BE PLATES OR OTHER EATING EQUIPMENT PROVIDED FOR YOU**

Food: Please remember that food and drinks (both alcoholic and non-alcoholic) will be provided as a part of the weekend. The only meals that are not provided are your lunch on the 02/10/08 and your dinner on 02/10/08. Delegates should budget at least \$15 for these meals. On top of meals provide you may like to bring the following to eat during the day:

- Snacks (e.g. lollies, muesli bars, marshmallows)
- Any specific drinks you may like to have in between meals (soft drinks, juice, tea, coffee and water will be available at each of the meals. Fresh water, juice, soft drink and cordial will be available all day)
- Any extra alcohol (alcohol will only be provided on Saturday night)

Note: For those that are bringing in tents, please label your tent bags appropriately with your name and contact number.

If you have any issues please direct them to Shannon Nott, 0409 903 325 or raw@rahms.org.au