

# Adventure Bible School Course Equipment List

## ***You will need to arrive at ABS with:***

- |     |  |                                  |
|-----|--|----------------------------------|
| 1.  | Light Weight Bible and Note Book (A bigger Bible can be brought for use at the school)                               |                                  |
| 2.  | Sleeping Bag & liner - <b>3 season (4 season for the April/May course)</b>   |                                  |
| 3.  | Sleeping Mat   |                                  |
| 4.  | Good hiking boots and wool socks ( <b>not day hikers, if they are new please break them in</b> )                     |                                  |
| 5.  | Thermal underwear Top & pants ( <b>NOT COTTON BLENDS</b> )- optional second set for sleeping                         |                                  |
| 6.  | Quick drying pants and shirt for hiking ( <b>not cotton</b> )  |                                  |
| 7.  | Back pack for hiking, top loading, not a travel pack ( <b>reasonable size – 65 litre minimum</b> )                   |                                  |
| 8.  | Day Pack   |                                  |
| 9.  | Wool hat   | <b><u>Highly recommended</u></b> |
| 10. | Water bottle/s ( <b>minimum 2.0 litre total capacity</b> )   | Sun hat                          |
| 11. | Running shoes & clothes for running  | Sun glasses uv rated             |
| 12. | Rain coat – <u>waterproof</u> & seam sealed e.g. gortex material, as we can get heavy rain – ( <b>not a poncho</b> ) | Sun block                        |
| 13. | <b><u>2 Wool or polar fleece</u></b> jersey/sweaters ( <b>NOT COTTON</b> )   | Mosquito net for head            |
| 14. | Swim wear and Quick Drying Shorts ( <b>no bikinis please</b> )   | Gaitors                          |
| 15. | Other warm clothes/ Fleece Jumpers   | <b><u>Optional extras</u></b>    |
| 16. | Headlamp and spare batteries   | Personal climbing gear           |
| 17. | 4 garbage bags or dry bags to keep personal gear dry.<br>- Zip lock bags for smaller items                           | Waterproof over trousers         |
| 18. | It is recommended you bring an 8 GB memory stick for photos from the course  | Paddling gear                    |
| 19. | Blister protection e.g. Compeed or Moleskin  | Warm gloves                      |
|     |  | Wet suit                         |
|     |  | Sandles                          |
|     |  | Water shoes                      |

### ***This is the bare minimum required for the trips away from the Lodge***

*When you are at the Lodge you will also require casual (what you would normally wear around home) and church clothes*

*Some personal gear can be bought in NZ, but please arrive on the course with all of it, there is very little opportunity to get it once we have started.*

*While you will have a (shared) room at school, you will be away for a significant portion of the time. While you will participate in some of the school programme and activities, do not take this for granted as you will find that the unexpected will happen!!*

*Some significant exercise is recommended in preparation for the course.*

***You should be able to run a minimum of 3 Kms without stopping.***

*We are very much looking forward to meeting you and getting to know God better together.*

*If you have any questions regarding gear, please contact Peter Bichan The ABS Director , on Phone (647)823 1800 or Fax (647) 823 1809 or Email [peterb@capernwray.org.nz](mailto:peterb@capernwray.org.nz)*