

A Life away from life experience

**Check List for Children's CAMP ADVENTURE
23rd December to 24th December 2007**

No	Items	Qty.
Utensils		
1	glass	1
2	Water bottle (l- litre	2
3	Plate	1
4	Spoon	1
5	Small Bowl	1
Camping gear		
6	Sleeping bag/ blanket	1
Essentials		
7	Toilet paper	2 rolls
	Toiletries- personal	
8	Torch (LED preferable)	1
9	Spare batteries	2 sets
10	Sun protection cream (min 15 SPF)	1
11	Sun cap	1
12	Glucose	1
13	Good trekking shoes + extra laces	1
Art material		
14	Writing notebook	1
15	Crayon colours	1
16	Drawing book	1
17	Pencil	1
18	Eraser	1
Medical		
19	Necessary personal medicines and travel sickness medicines	
20	Odomos - anti mosquito repellent	
Clothing Including worn		
21	Shirts coloured- full sleeves for trekking preferred	As required
22	Light cotton track pants	As required
23	Napkin	2
24	Chappals , rubber light	1
25	Air pillow if required	1
26	Good Rug sack	1
27	Cotton socks	2 pairs

Additional items for the cold		
28	Pullover/sweater	1
Extra personal interest items		
29	Camera + extra rolls and batteries	as required
30	Binoculars	as required

For more queries write to prateek.lafl@gmail.com
Itinerary on www.lifeawayfromlife.com