Camp Cooinda

Leaders: What to bring checklist

Essential items you'll need to safely enjoy camp, and some suggested extras!

?	Clothing
	At least 4 changes of shorts/leggings and t-shirts (enough for the week)
	2 - 3 pairs tracksuit pants or other long pants (for evenings and warmth)
	2 long-sleeved shirts (to protect arms from sun and mosquitoes)
	2 warm long-sleeved jumpers (these MUST be wool or wool-blend. Unlike technical fabric, wool keeps you warm even when wet)
	Long-sleeved top and pants that can get wet but dry easily (protects you from the sun while paddling)
	2 sets of swimming gear (including a rashie for sun protection)
	Hat with wide brim to protect your head from the sun
	1 pair of sneakers or closed-toe walking shoes (ideally easy to slip off at the door of the hall)
	Aqua/water shoes (for boats and walking through water. These don't have to be expensive; but should be secure, protective and not your main sneakers)
	Sandals or thongs (only for bathroom runs or morning swims – NOT suitable protection for feet when boating)
	Underwear and socks for ten days
	A pair of pyjamas (or two if you want a warm weather set and a cool weather set)
	Sunglasses (not expensive ones but preferably polarised to reduce glare on the water)
	Waterproof watch (phones stay packed away a lot, so helps you be where you need to be)
?	Sleeping Gear
	Sleeping bag
	Waterproof groundsheet (minimum size 1.8m x 0.9m)
	Air mattress or mat for comfortable tent sleeping (one that folds down small is helpful if you want to take it on overnight expeditions)
	Pillow (a small/inflatable one is ideal – will get dirty if you go on expo)
	Sheets (if you're in a role where you will be sleeping in a cabin)
?	Toiletries
	Toothbrush, toothpaste, soap, hairbrush, shampoo / conditioner, deodorant, period care items
	2 towels (one can easily get wet in a canoe)
	30+ broad-spectrum water-resistant sunscreen (at least two full bottles)
	Lip balm with SPF

	A good mosquito repellent (containing DEET or Picaridin. Bring two bottles, you'll go through it quickly!)
?	## Camp and Program Gear
	Fully waterproof and windproof jacket (you can hire one from Camp Cooinda for $15)
	Drink bottle (for your own use in boats – at least 700ml)
	Small torch with good batteries, and a spare set of batteries.
	Notebook and pen – and your Leader Manual!
	6 heavy duty garbage bags (to waterproof gear packed into barrels for expedition)
?	## Documents and ID
	Victorian Working With Children Card (or alternative if exempted)or another form of photo ID (so we can verify you are who you said you are on your application!)
	Drivers Licence (if you have offered to drive in the camp program)
	Powerboat licence (if you have one)
	Fishing licence (if you have one)
?	## Highly Recommended
	Personal dry bag to keep your stuff dry (If you could be in a role that gets in boats. Cooinda has awesome branded ones for $35)
?	## Optional Extras
	Waterproof camera
	A hiking pack(useful but not essential as we can provide packs for hiking)
	Frisbee, Hacky Sack, pack of cards or other fun knick-knacks. Sparklers or noise-makers (for NYE)
	Guitar or other musical instrument
	A book to read

This was downloaded from https://campcooinda.au/leaders/whattobring on 9 Sep 2026. Please visit the website for the most recent version.