



FOR A DAY VISIT

- ✓ A bottle of water (drinking water is available for refill at the Centre)
- ✓ Clothing: Light-weight pants and long-sleeved cotton shirts are recommended
- ✓ Footwear: sturdy shoes for uneven ground (suitable for hiking)
- ✓ Personal first-aid kit with the basics
- ✓ Hat with brim
- ✓ Sunscreen
- ✓ Insect repellent
- ✓ Poncho or rain jacket
- ✓ Optional: emergency food (such as raisins or chocolate bars), camera, binoculars and a set of spare clothes and a towel (for the return trip to BSB in case you get wet)

FOR OVERNIGHT STAY

- ✓ Daypack
- ✓ Enough changes of clothes (light weight pants and cotton shirts are recommended because they dry easily)
- ✓ Old shoes with a good grip for hiking, and slippers for walking around the Centre
- ✓ Toiletries (bath towel, toothbrush and paste, shampoo and soap) and detergent
- ✓ Water bottle (drinking water is available for refill at the Centre)
- ✓ Portable torch light with batteries (for use after the generator is switched off)
- ✓ Personal first-aid kit with the basics
- ✓ Hat with brim
- ✓ Sunscreen
- ✓ Insect repellent
- ✓ Poncho or rain jacket
- ✓ Black bag for dirty or wet clothes
- ✓ OPTIONAL: binoculars, camera, games/books for the evening and snacks
- ✓ Whatever you bring – Pack Light!

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- *You may experience water splash during river trips, hence it is advisable that you keep your belongings in a waterproof bag or protect your bag with a waterproof liner.*
 - *Life-jacket will be provided by the Centre, and must be worn during all river journeys.*
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