

# 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 recommended - **3 season or 4 season for the April/May course.**
3. Sleeping Mat
4. Good hiking boots and wool socks (**not day hikers**)
5. Thermal underwear Top & pants (**NOT COTTON BLENDS**)  
- optional second set for sleeping
6. Quick drying pants and shirt for hiking (**not cotton**)
7. Back pack for hiking (**reasonable size – 65 litre minimum**)
8. Day Pack
9. Wool hat
10. Sun hat
11. Sun glasses uv rated
12. Sun block
13. Water bottle/s (**minimum 2.0 litre total capacity**)
14. Running shoes
15. Rain coat – waterproof – **not a poncho**
16. **2 Wool or polar fleece** jersey/sweaters (**NOT COTTON**)
17. Swim wear and Quick Drying Shorts (**no bikinis please**)
18. Other warm clothes/ Fleece Jumpers
19. Headlamp and spare batteries
20. 4 garbage bags or dry bags to keep personal gear dry.  
- Zip lock bags for smaller items
21. It is recommended you bring an 8 GB memory stick for photos from the course

### Optional extras

Personal climbing gear  
Waterproof over trousers  
Paddling gear  
Warm gloves  
Wet suit  
Sandles  
Gaitors  
Water shoes

*This is the bare minimum required*

*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)*