**ESSENTIALS**

- Sleeping bag & inner-sheet or sheets & blankets/doona
- Pillowcase
- Bath Towel
- Suitable clothing for the duration of your stay (including warmer clothes for cooler months)
- Sturdy shoes or runners (suitable for walking)
- Shoes to wear in the bathrooms
- Hat (beanie/scarf/gloves for winter)
- Sunscreen
- Swimmers and beach towel (in warmer months)
- Rash shirt (recommended for water-based activities)
- Wetsuit, warm jumper or ‘polar fleece’ (recommended for water-based activities in cooler conditions)
- Water bottle (1.5 Litre)
- Insect repellent (lotion not spray)
- Stingoes or other bite spray (optional)
- Toiletries
- Torch
- Bible (optional) and a pen or pencil & note paper
- Wet weather gear
- Inexpensive camera (optional)
- Extra recreational items such as novels, packs of cards, board games, snack food, musical instruments, fishing rod/reel, etc (optional)

**IMPORTANT**

- We recommend you don’t bring valuables to the site.
- Lake Mac Outdoor Recreation Centre accepts no responsibility for personal property brought onsite.
- ** Water-based activities: 
  Guests will not be allowed to participate in water based activities unless the appropriate clothing and footwear is worn (wool or polar fleece jumpers are particularly good as they are warm even when they are wet. Acrylic or cotton jumpers are not suitable.)
- ** Harness Activities 
  (abseiling or rock climbing)
  Shirts must be able to be tucked in for personal safety. Guests will not be able to participate in these activities if wearing clothes which expose the skin around the waist and hips.
- ** Bushwalks: Appropriate shoes are required for this activity. We also recommend wearing long pants.

We hope you enjoy your stay at Lake Mac!

**WATER SPORTS ACTIVITIES REQUIRE**

- Old runners, ‘beach shoes’ (enclosed mesh) or wetsuit booties **MUST** be worn for sailing, canoeing & paddle boarding (thongs, sandals and crocs are UNSUITABLE).
- Wetsuit, thermals, old woollen jumper or ‘polar fleece’ (in cooler conditions) **