

# What to Bring



## Year 8 Camp

Lake Ainsworth, Lennox Heads

### PLEASE BRING:

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li><input type="checkbox"/> Drink bottle</li><li><input type="checkbox"/> Sun smart hat</li><li><input type="checkbox"/> Rain proof jacket (no ponchos)</li><li><input type="checkbox"/> Sunglasses</li><li><input type="checkbox"/> Swimming togs (no bikinis, Sheldon appropriate)</li><li><input type="checkbox"/> Sun shirt/ rashie</li><li><input type="checkbox"/> Two pairs of running shoes (one old pair to wear in the water)</li><li><input type="checkbox"/> T-shirts – NO singlets, sleeveless or midriff tops.</li><li><input type="checkbox"/> Shorts – knee length, board shorts or ¾ length pants for climbing activities</li><li><input type="checkbox"/> Underwear and socks</li><li><input type="checkbox"/> Jeans</li><li><input type="checkbox"/> Warm long sleeved jumper and long tracksuit pants</li><li><input type="checkbox"/> Pyjamas</li><li><input type="checkbox"/> Beach towel</li><li><input type="checkbox"/> Small backpack for daytime activities</li><li><input type="checkbox"/> Sunscreen SPF30+ (roll-on or tube – no pump action or aerosols)</li><li><input type="checkbox"/> Insect repellent (roll-on – no pump action or aerosols)</li><li><input type="checkbox"/> Hand sanitiser</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Sleeping bag and fitted sheet or two single bed flat sheets</li><li><input type="checkbox"/> Pillow and pillowcase</li><li><input type="checkbox"/> 2 x bath towels, hand towel and face washer.</li><li><input type="checkbox"/> Toiletries – shampoo, conditioner, toothbrush, toothpaste, soap, roll on deodorant, tissues, chap stick, brush, or comb</li><li><input type="checkbox"/> Chafing cream for surfing activities</li><li><input type="checkbox"/> Torch and spare batteries</li><li><input type="checkbox"/> Thongs (for the shower and pool areas only)</li><li><input type="checkbox"/> Pen and paper</li><li><input type="checkbox"/> Garbage bags for wet/ dirty clothes</li></ul> <p><b>OPTIONAL</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Camera, book</li></ul> <p style="text-align: center;"><b><i>PLEASE ENSURE ALL ITEMS ARE LABELLED WITH YOUR CHILD'S NAME.</i></b></p> |
|---|---|

### WHAT NOT TO BRING

- Prohibited items per College policy**
- No tank tops, singlets, sleeveless shirts, or crop tops
- Mobile phones or personal gaming devices
- Hair Dryers/ hair straighteners
- Non-prescription medications
- Pump action/ aerosol deodorants or insect repellents
- Any food – lollies, chips, chewing gum etc
- Money

### PERSONAL MEDICATION

- Ventolin etc for asthmatics, antihistamine for allergies.

***All medication must have a pharmacy label affixed and must be accompanied with the Administration of Medication (Camp) form which can be downloaded from the camp iLINQ page.***