## What to Bring



## Year 5 Camp

## Gold Coast Recreation Precinct, Tallebudgera

PLE	PLEASE BRING:		
	Fillable water bottle Swimming togs (no bikinis, Sheldon appropriate) Beach towel Sun shirt/ rashie Wide brimmed hat Waterproof jacket Sunglasses (optional) Aqua shoes/ old spare pair of sneakers for water activities Closed in shoes for outdoor activities (sneakers are ideal) Sunscreen SPF30+ (roll-on or tube – no aerosol) Insect repellent (roll-on – no aerosol) Hand sanitiser Small backpack for day activities Underwear Socks Shorts – knee length to wear with a harness, board shorts or ¾ length pants or leggings T-shirts – long enough to tuck in and have sleeves Warm long sleeved jumper and long pants for the evening Pyjamas 1 pair of shoes or sandals (additional to canoeing footwear)	<ul> <li>□ Sleeping bag, pillow, pillowcase, and single sheet</li> <li>□ Bath towel, hand towel and face washer.</li> <li>□ Toiletries – shampoo, conditioner, toothbrush, toothpaste, brush or comb, soap, roll on deodorant, tissues, chap stick, 3B cream (chafing after surfing), after sun moisturiser</li> <li>□ Torch and spare batteries</li> <li>□ Strong plastic bags for wet/ dirty clothes</li> <li>□ Thongs (for shower)</li> </ul> OPTIONAL <ul> <li>□ Camera</li> <li>□ Book</li> <li>□ Notebook and pen</li> </ul> PLEASE ENSURE ALL ITEMS ARE LABELLED WITH YOUR CHILD'S NAME.	
WHAT NOT TO BRING		PERSONAL MEDICATION	
** ** * * *	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	<ul> <li>□ Ventolin etc for asthmatics, antihistamine for allergies.</li> <li>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.</li> </ul>	