



What to Bring List

- Personally named water bottle – mandatory (1 Litre recommended)
 - Sun-safe shirts (old clothes are great for our water activities)
 - Shorts (longer pants are particularly important for harness comfort & protection)
 - Jeans/trousers
 - Weather-appropriate jumper or rain jacket
 - Swimming Togs + Rashie or Sunsafe shirt
 - Pyjamas
 - Hat, preferably wide-brimmed
 - 1 pair of closed-in shoes for dry activities
 - 1 pair of closed-in shoes for wet activities eg. reef shoes, old runners. Please note that Crocs are not considered appropriate wet shoes
 - Bedding: Sheet, Blanket/Sleeping Bag & Pillow
 - Towel (x2 if doing water activities)
 - Toiletries
 - Sunscreen & Mozzie Repellent
 - Torch
 - Thongs (optional for showers)
 - Pegs
 - Chafing Care (highly recommended as walks to and from the beach can cause chafing)
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LEADERS /TEACHERS

First Aid (IMPORTANT)

- **Camp Leaders/Teachers are responsible for First Aid. Please ensure your staff have a portable first aid kit at each activity.** Please make sure that ice packs and hydralites are part of your first aid kits. Also make sure your staff know where they can be located during camp. In case of an emergency, our staff will have small back-up first aid kits. There are no ice packs available at Luther Heights.
- Bringing an extra few sets of linen is advisable in case of sickness or accidents. LHYC does not supply linen.