

## What to Bring List

- 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
- 2 pairs closed-in shoes (one pair to get wet)
- Bedding – Sheet, Blanket/Sleeping Bag & Pillow
- Towel (x2 if doing water activities)
- Toiletries
- Sunscreen & Mozzie Repellent
- Water bottle (1L Preferred, Especially in Summer)
- Torch
- Thongs (optional for showers)
- Pegs
- Chafing Care (walks to and from the beach can be

### Optional Extra's for groups participating in the Bush Dance

- Flannelette Shirt, Cowboy Hat

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## LEADERS

### First Aid (IMPORTANT) -

If your group's staff can make sure they have a portable first aid kit at each activity. Your staff will be the first point of call for your students. In case of an emergency our staff will have small back up first aid kits. Please make sure that ice packs are part of your first aid kits and that your staff know where they can be located during camp, as there are none available at Luther Heights.