

## WHAT TO BRING

### ESSENTIAL CLOTHING / EQUIPMENT LIST

#### CLOTHING

- Enough clothes for the duration of the program (shorts, shirts, long pants, warm jumper, underwear, pyjamas, swimming togs and board shorts). A day pack (back pack) to carry towels/swimwear/water bottles to the beach.
- Skins/bike pants type shorts to be worn under board shorts. These prevent chaffing when walking to and from activities.

It is advised not to bring expensive clothing or shoes due to the nature of the activities undertaken. Singlet / midriff tops and short shorts are unsuitable for activities at CYC Burleigh. **For students arriving on a Wednesday**, please wear your swimwear under your clothes. This will ensure a faster transition to activities.

#### TOILETRIES

- |   |   |
|---|---|
| <input type="checkbox"/> 1 x beach towel                                      | <input type="checkbox"/> Washer, shampoo & conditioner  |
| <input type="checkbox"/> 1 x bath towel                                       | <input type="checkbox"/> Personal prescribed medication |
| <input type="checkbox"/> Soap   | <input type="checkbox"/> Insect repellent (no aerosols) |
| <input type="checkbox"/> Toothbrush & toothpaste                              | <input type="checkbox"/> Sunscreen (no aerosols)        |
| <input type="checkbox"/> Head torch or torch (venues other than CYC Burleigh) |   |

#### FOOTWEAR

- 1 x pair closed in shoes (for walking/dry land)
- 1 x pair closed-in shoes (for water) - can either be old shoes or booties. Thongs or other non-closed in shoes are **not** acceptable.
- 1 x pair casual footwear (thongs) - can be worn around the centre during non-activity time

Casual footwear (thongs) may be worn during non-activity time at the Centre and should be worn in bathrooms. Covered footwear must be worn when in the dining hall (during meals). **NB students must bring covered footwear to be worn in the water. Booties or old shoes are acceptable, thongs and other non-enclosed footwear are not acceptable.**

#### PROTECTION FROM THE SUN

- Suitable hat
- Sunscreen
- Board shorts (skins/bike pants should be worn under board shorts)
- Long-sleeve sun shirt. Must be able to be worn in the water (rash shirt or similar). Singlet / midriff tops and short shorts do not provide adequate protection from the sun.
- Water Bottle

#### BEDDING

- 1 X Fitted sheet
- 1 X Pillow & pillow case
- 1 X Sleeping bag/doona/blanket

**ITEMS NOT TO BE BROUGHT ON CAMP** - Students are advised not to bring electronic equipment including mobile phones. It is a requirement that jewellery be removed as a matter of safety for a number of activities. If jewellery is unable to be removed or suitably taped, the student will not participate. Students are not to bring aerosol sprays or sharp knives or other similar items. Singlet / midriff tops and short shorts are unsuitable for outdoor activities.

*If you have any further questions regarding suitable items to bring, please contact your teachers.*