



# SUGGESTED ITEMS TO BRING

## Clothing

- Set of comfortable clothing for each day at camp
- Shorts or pants must be minimum mid-thigh length
- Shirts must be minimum short sleeve & cover waist – recommend collared
- 1 x spare set of clothes
- Tracksuit, jumper/jacket
- Socks for each day including spare socks
- Underwear for each day including spare underwear
- Pyjamas
- Bathers, swimming shirt & board shorts
- Thongs/crocs for shower
- Closed in shoes (sneakers)
- 1 x pair of old sneakers for water/muddy activities (closed in shoes must be worn – crocs are not acceptable)

## Safety

- Insect repellent
- Raincoat
- Hat
- Sunscreen
- Torch
- Hair ties for long hair

### IMPORTANT NOTES

- Please be Sun Smart AT ALL TIMES – **sunscreen must be brought & applied before arrival at camp**
- **Closed in shoes are a MUST** for activities
- Apex Camps are located in bush/coastal environments– **insect repellent must be brought & applied before arrival at camp**

## Personal Hygiene

- Garbage bags for dirty laundry & wet items
- Toilet bag with soap, toothbrush, toothpaste, deodorant, brush/comb, face washer etc
- Bath towel & beach towel
- Pegs to hang wet towels, swimwear etc on the clothes line
- Medications & medical instructions (if relevant) - please discuss with teachers/supervisors

## Sleeping

- Pillow with pillowcase
- Sleeping bag or sheet & blanket
- Please note that supervisors should bring king single sheets

## Equipment

- Water Bottle
- Small back pack or bag

## Group Leader

- First aid kits, medication & medical information
- Group lists & medical forms (each teacher/supervisor)
- White board markers, pens, pencils, paper, blue tac etc
- Spare hats, water bottles, garbage bags
- Equipment/games etc (if running own sessions)
- DVDs
- Mobile phone & charger for use in 'after-hours' emergencies
- Spare bedding for sick room bed – king single size

### PLEASE DO NOT BRING

- Skirts - these are not suitable for activities
- Your best clothes or shoes - items worn on camp are likely to get dirty
- Expensive personal items or wear non-essential jewellery