



SUGGESTED ITEMS TO BRING

When attending Apex Camps Sunshine Coast for Group Activities, please take note of the following.

PLEASE WEAR:

Comfortable clothes, sneakers and a hat (not your best ones!). It is also advisable to wear a hair tie if your hair could get in the way. Please do not wear skirts or jewelry.

PLEASE BRING:

Water bottle, sunscreen, insect repellent and a raincoat (if wet weather is expected). If you are staying for more than one activity and have not included catered food, you might also want to bring high-energy snacks.

FOR WATER/MUD RELATED ACTIVITIES, PLEASE ALSO BRING:

Bathers, towel, plastic bag and a change of clothes. For the mud pit challenge course, please also bring an extra pair of old sneakers.

IMPORTANT

All activities run even in wet weather. If the conditions are severe i.e. lightning, we run an awesome wet weather program with activities such as indoor archery or catapults, fencing and more.