

# WHAT TO BRING

This checklist is a guide for students and adults in preparation for your excursion

## LUGGAGE

- ❑ One bag as checked in luggage is ideal as students will be carrying their own bags. Please make sure it's not too big!
- ❑ Their day bag as carry-on luggage
- ❑ It is a good idea for students to pack their own bags (with supervision), so they are able to pack their bags on return
- ❑ Luggage should be clearly labelled

## DAY BAG

- ❑ Clearly labelled water bottle
- ❑ Hat and sunglasses
- ❑ Sunscreen
- ❑ Lip balm
- ❑ Handkerchief or tissues
- ❑ Book, cards or travel game
- ❑ Pen and notebook
- ❑ Souvenir money (*optional- staff not responsible*)
- ❑ Wet weather gear
- ❑ **Food for Day 1:**  
Students are to bring their mtea, lunch & atea supplied in their day bag for the first day.  
Nothing that needs to be kept cold.
- ❑ **Pre-packaged** (not homemade, fruit or vege) in a plastic/paper bag as there will be no facilities for washing up containers or lunch boxes.

## CLOTHING

### Winter (if applicable)

- ❑ Warm shirts, skivvies and jackets
- ❑ Warm jeans, pants or tracksuits
- ❑ Camp Shirt (*optional*)
- ❑ Underwear
- ❑ Warm socks or stockings
- ❑ Sturdy enclosed footwear
- ❑ Warm pyjamas
- ❑ Warm waterproof coat
- ❑ Slippers or ugg boots (for wear in rooms only)

*\*Flimsy sandals / thongs are not suitable footwear for excursions.*

## TOILETRIES

- ❑ Toothbrush
- ❑ Toothpaste
- ❑ Soap
- ❑ Shampoo and conditioner (travel-size)
- ❑ Hairbrush
- ❑ Roll on deodorant
- ❑ Sanitary products (even as a precaution)

*\*Please do not pack any aerosol products*

## OTHER

- ❑ Garbage bag for dirty clothes
- ❑ Travel sickness bags (if needed)
- ❑ *All linen is provided by accommodation*

## SNOW DAY (if applicable)

- ❑ To wear under snow gear:
  - Tights, leggings, thermal leggings or shorts
  - Skivvy, thermal top or long sleeve t-shirt
  - Warm jumper
- ❑ Thick socks
- ❑ Scarf and beanie
- ❑ Waterproof snow gloves
- ❑ Sunglasses, sunscreen and lip balm (in day bag)
- ❑ Spare warm clothes for return journey:
  - Tracksuit, t-shirt, jumper, socks & shoes
- ❑ Plastic bag for wet clothes

*\*Students do not need to bring snow boots, parka or pants. This is included in your excursion package.*

## MEDICATION

- ❑ Please ensure teachers are aware of any required medication
- ❑ All medication must be in its original packaging, clearly marked with the student's name, required dosage and the dosage interval.
- ❑ Letter from doctor to support medication
- ❑ Please present in a zip-lock bag to teachers on the morning of departure. **Students must not carry their own medication** (apart from asthma puffers).
- ❑ Refer to medication section in camp newsletter