



What to Bring

Bedding:

- Fitted sheet to cover mattress (Covid Requirement)
- Pillow and pillow slip
- Sleeping bag/blankets or duvet

Toiletries:

- Towel
- Toothbrush and toothpaste
- Soap and shampoo
- Sunscreen and Insect Repellent
- Personal Hand Sanitiser

Clothing:

- T-shirts with sleeves or polo shirts
- Sweatshirts
- Shorts (minimum length mid-thigh)
- Trousers
- Warm Jacket/Raincoat
- Underwear and socks
- Pajamas
- Sunhat/Woolen Hat
- Swimmers and Vest (If doing water-based activities)
- Sturdy enclosed shoes for activities

Medication:

- If applicable

Don't forget:

- A Water Bottle
- A good attitude
- An adventurous spirit
- A happy face

