

What to pack

Luggage

Luggage should be **limited to one bag** equivalent in size to airline 'carry on' luggage with **maximum weight of 10kg** and a separate sleeping bag, plus a small backpack per child. Remember, your child will be required to carry their luggage so it is essential to make sure it is not too big or heavy.

Limiting luggage size and weight is especially important when visiting Milson Island or Broken Bay Sport and Recreation Centres as luggage will be handled multiple times throughout the journey.

For school camps, pack:

Please label all clothing, towels and sleeping bag with your child's name.

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Warm jacket (winter only)
- Three layers of warm clothing (winter only, or all-year round at Jindabyne, Borambola, Lake Burrendong and Lake Keepit)
- Pyjamas
- Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Sleeping bag **or** doona and two single flat sheets
- Bring your own pillow
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

What not to bring:

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and other electronic devices
- Lollies or chewing gum
- Jewellery
- Anything valuable (The Office of Sport takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items)

Prohibited

Drugs, cigarettes and alcohol are not allowed at camp and any student found using or in possession of these items may be removed from the Centre. Students found in possession of illegal drugs will be reported.