

PACKING LIST - IMPORTANT NOTES

- 1 NEW CHANGES** Please take the time to go through this latest check list very carefully. Past campers please take note as our list is updated regularly.
- 2 PLEASE BRING EVERYTHING** Please tick off EVERYTHING on the check list. *Campers are not able to enjoy their week if they don't have everything they need!*
- 3 HOW MANY CLOTHES TO PACK?** You need to pack enough clothing for the Session – 5, 6, 7 or 10 days. If you are staying for two or more sessions, laundry will be done at the end of each session. You then need only to pack enough clothes for one (the longest) session.
- 4 PACK WITH YOUR CHILD** If a parent is packing please make sure your child knows exactly what s/he has in the bag. Some kids claim that they don't have certain items but they just didn't know it had been packed. *We suggest you actually include the check list in your bag so your child can use it when packing to go home.*
- 5 VALUABLES** Sugar Bay is not responsible for any damage, wear or loss of personal property. Parents, please check your insurance policy to ensure your child's personal property is covered against loss, theft and damage while away. We recommend that valuable items be left at home. **THIS IS IMPORTANT. Despite all our best efforts, stuff does go missing. We would hate you to lose something expensive.**
- 6 KEEP IT CASUAL** Please do not pack fancy and/or expensive clothes. They will probably not come home the same – or at all. There is a dance at the end of the week for which you might want one nice outfit but other than that, keep it casual. You will be doing things like skateboarding and muddy obstacle courses – OLD clothes are best! Any lost property not claimed will be donated to charity.
- 7 LABEL EVERYTHING** Parents, please ensure that all items are clearly marked with your child's full name. If an item is discovered without a name, we reserve the right to write your child's name on the item with a black permanent marker. This may damage the item, so please rather label it yourself!
- 8 WHAT NOT TO BRING: CELLPHONES, VUVUZELAS, PENKNIVES OR CHEWING GUM** We do not allow cellphones at Sugar Bay. They disrupt the program, are costly little items and inhibit your child from focusing on the present, having fun and making new friends. Vuvuzelas are just too noisy for our feathered friends and neighbors. And no knives or chewing gum for obvious reasons.
- 9 PLEASE DO NOT COME TO CAMP SICK** If your child is suffering from a contagious illness, please do not come to camp. These germs spread rapidly in the cabins and end up spoiling the holiday for everyone.
- 10 OPTIONAL ITEMS** On the next page we have given you a list of everything that your child has to have at camp. But in addition to that list your child might want to bring one or more of these:

- Stingose or equivalent** – for mossie bites
- After-sun lotion**
- Pen and paper** – for autographs, camper passports and for writing faxes home.
- Ear plugs** - if you are likely to suffer from ear infections with frequent swimming. Speak to your doctor/ pharmacist about protective ear drops such as Swimseal^(R).
- Personal stuff** (optional) - like a hair dryer, books, a musical instrument or personal sports equipment. If you are packing a Skateboard or Ripstick you **must** bring a helmet, knee, wrist & elbow pads. You will not be allowed to skate without protective equipment.
- Tuck** – We do sell snacks in our tuckshop, but some kids also like to bring food from home. Please ensure that any food is packed in one large ziplock bag, and ensure that nothing is perishable. And no gum!
- Something to fit the week's theme.** The weekly themes are listed below. If you have something suitable and would like to bring it with you, it would be cool. But this is not at all compulsory!



Date

Theme

What to bring

CHECK LIST FOR PACKING

- Please read the notes on the accompanying page first
- Please tick the items off as you have packed them.
- If you are using Sugar Bay transport, stored luggage is limited to one medium sized bag per child bag (plus one small day bag)

Very Important Stuff: Best packed together in the small separate Day Bag on the arrival day

The following items will be handed in on the first day for safekeeping.

Please make sure that your child knows where they are, and they are easily accessible for first day hand-ins – we suggest you use the day bag.

- Emergency Meds (2 sets)** Please pack **two sets** of any prescribed allergy or chronic medication (eg: asthma pumps, cortisone or Epipens) *even if not used recently – this is a highly pollinated area*. One will go with your child in the day bag and the other will be kept in the Health centre. Please ensure each set of emergency meds is packed in a clear ziplock bag. Dosage and details to be provided on the Medication Form.
- Prescribed Meds** Clearly marked with child's name (handed into the Health Centre). All children on medication for ADD or ADHD **MUST** bring appropriate medication even if they don't normally take it on weekends/ holidays for emergency use. Please provide full dosage and directions on the Medication Form.
- Medication Form** Completed with all details of all medication brought to camp. It is vital that we have full information provided to us about the dosage and directions for the medication.
- Medical Aid Card** To speed up emergency hospital admissions. Pack with the emergency meds, or prescribed meds if brought.
- Tuck/ Food** *All food must be handed into the tuckroom on the first day. Must be non-perishable and must be packed in a ziplock bag.*

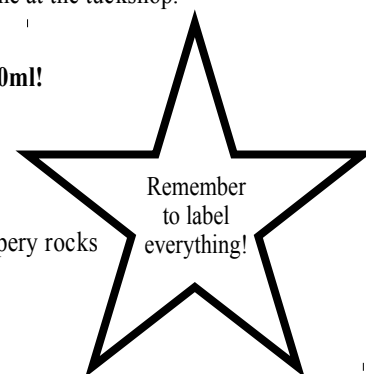
Stuff to wear (enough for the session – 5,6 or 7 or 10 days. Restricted to ONE MEDIUM sized bag per child !)

- Shorts** (*Girls: shorts are far more useful than skirts*)
- T-shirts and long-sleeved shirts**
- Underwear & sleepwear**
- One smart outfit for the weekly party**
- Warm clothes** Evenings can be cool, even in Summer. Pack more warm stuff for the cooler winter months.

Day Bag & Contents (Every day the following items will be packed in the day bag – all are compulsory for activities)

- Day Bag/ backpack*** Small backpack or bag that is large enough to hold all the stuff that you will need each day (everything in this section) but small enough to carry around easily.
- Sunstick -compulsory! *** This is the only protection that works to avoid burned faces. It won't run into your eyes, it's easy to carry, fully waterproof and sticks like crazy – brilliant! *Please note that if it is not packed, we will supply it from our tuckshop. This may use a substantial amount of your child's savings account.*
- Sugar Bay Passport*** (pastcampers only) New campers will get one in their camper pack or they can buy one at the tuckshop.
- Waterbottle ***
- Sun block Lotion** At least SPF30. You need enough for regular reapplications EVERY day – **at least 450ml!**
- Bathing costume**
- Beach towel**
- Peak or sunhat** All children have to wear hats outdoors
- Strops or rock shoes** Must not come off when crossing a muddy river. Must have grip for walking on slippery rocks
- Takkies or trainers (compulsory for the ropes course)**

** Order the camper pack in advance to receive these 4 things the first day (plus more cool stuff!) at a discounted price..*



For evenings and bad weather

- Sleeping bags** For camp outs and cool nights – even if you don't want to camp
- Beanie/ Warm hats** For windy days at the beach and evenings around the camp-fire
- Raincoat or waterproof jacket**
- Torch**

For bathing

- Personal toiletries** Toiletry bag and contents (toothbrush & paste, hairbrush, shower-gel, shampoo, deodorant, shaving gear and/or feminine products where appropriate). Basic toiletry supplies are also available in the tuckshop.
- Bath Towel (in addition to a beach towel)**
- Insect Repellent** We have lots of mossies here. Please pack a full Peaceful Sleep spray as it seems to work the best.
- Empty laundry bag** To keep dirty stuff separate

Finally, any of the optional extras that you might want to bring (see page 1 for the list!)