

CHECK LIST: EVERYTHING TO PACK FOR THE TOUR

✓ Please read the notes on the accompanying page first

Stuff to wear: (Bring enough for the tour as no laundry will be done)



- Shorts (*girls: shorts are far more useful than skirts*)
- T-shirts and long-sleeved shirts
- Underwear & sleepwear
- Warm clothes Even summer evenings can be cool. Pack more warm stuff for cooler months
- One smart outfit for party night

You cannot take part in activities without all of these:

- Day Bag (small bag or back pack) Big 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 in your eyes, its easy to carry, fully water proof 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 childs tuck shop money.**
- Bathing suit and swimming towel
- Peak or sunhat All children have to wear hats outdoors
- Water bottle
- Sun block lotion At least SPF30. You need enough for regular reapplications **EVERY** day – at least 450ml!
- Strops or flip flops
- Takkies or trainers (*compulsory for the ropes courses and skating*)

For evenings and bad weather:

- Sleeping bag For camp outs and cool nights – even if the tour is not going on a camp out
- Beanie/ Warm hats For windy days at the beach and evenings around the camp-fire
- Raincoat or waterproof jacket
- Torch

Toiletries:

- Bag of personal toiletries Toothbrush & paste, hairbrush, shower-gel, shampoo, deodorant, shaving gear and/or feminine products where appropriate
- Bath towel (*in addition to a beach towel*)
- Insect repellent We have lits of mossies here. Please pack a full Peaceful Sleep Spray as it seems to work the best.

Very importantly – medication:

- Emergency medication (2 sets) Please bring **two sets** of any prescribed allergy or chronic medication (e.g.: 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 infirmary.
- ADD/ ADHD meds: All children on medication for ADD or ADHD **MUST** bring appropriate medication even if they are not currently taking it (for emergencies)
- Medical aid card To speed up emergency hospital admissions (handed in to the office)
- Prescribed medication Clearly marked with name and dosage (handed into the infirmary)

Finally, recommended (optional) extras:

- Pocket money We recommend at least R50 per day plus R200 for memorabilia and paintballs (50c per bullet). Kids will hand in the cash upon arrival. The tuckshop operates on a cash-free debit system with any unused money refunded on the last day.
- Stingose or equivalent – for mosquito bites
- After-sun lotion
- Pen and paper.
- Ear plugs - if you are likely to suffer from ear infections with frequent swimming.
- 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, kneepads, elbow-pads and wrist-guards. You will not be allowed to board without protective equipment.