



## YEAR 9 St Columba's Gillwel Park Camp - STUDENT INFORMATION

Students will be placed in groups of no more than 14 students per group. Each group will be accompanied by a St Columba's staff member and an Adventure Plus staff member for the entire Camp. Students will complete a range of challenging but attainable activities, they will sleep in tents on both nights, and have an opportunity to cook allergen free meals for the group.

Date	Time	Location	Comments
Wednesday 23rd March	8.15 - 8:30 am	Buckley St	Students arrive at STC
Wednesday 23rd March	9.00 am	Buckley St	Coaches Depart STC
Friday 25th March	3.00 pm	Buckley St	Coaches return to STC

### **Students will need to bring the following on Wednesday 23rd March:**

- Soft bag containing all clothes and equipment (No Suitcases)
  - Equipment List - Turn over
- Full water bottles
- High energy munchies for Camp (no nuts / allergens)
- Lunch for the first day (no nuts / allergens)
- Personal medications in a labelled, clear sandwich bag with dosage information included (Please collect a medication form from student reception)

### **Important Student & Parent Tasks**

- STUDENT
  - Discuss with friends who will be in your group of 4 (2 x students in each tent)
  - ONE person out of the 4 completes the Camp Groups form and submits by MONDAY 27th FEBRUARY (Form was emailed to all Year 9's on 24th Feb)
- PARENT
  - Ensure Consent2Go medical information for your child is up to date by MONDAY 27th FEBRUARY
  - Complete PAM Consent for your child to attend camp by MONDAY 27th FEBRUARY

# EQUIPMENT LIST

The items listed below are essential and should be brought to camp. These must be comfortable and warm. Where possible, items should not be cotton.

Please pack in a soft bag, no suitcases. Your day pack can be a separate item.

You MUST bring day one Lunch and Snacks as your first meal supplied will be Dinner on the first day of the program.

- Beanie
- Thermals (top & pants). Can be used instead of Pyjamas
- Eating Utensils (Fork, Spoon), Bowl (large enough for dinners, breakfast) & Cup
- Day Pack (smaller pack for moving to and from activities)
- 2 Windcheaters or jumpers
- 1 Sturdy walking shoes (boots or runners)
- 2 Shorts (no denim)
- 1 Pair long pants (no denim)
- 1 Wide-brimmed sun hat
- 2 T-shirts (with sleeves)
- 4 Socks (Preferable not ankle socks)
- Underwear one pair per day
- 1 Pyjamas (something to sleep in)
- 1 Sleeping Bag – Dacron or Down. Rated to 0 degrees or below
- 1 Pillow (smaller size)
- 1 Head torch and spare batteries
- 2 Water bottles (1 litre capacity each)
- 1 Garbage bag for dirty and/or wet clothes
- 1 Small Personal 1st aid kit (bandaids, roller bandage and strapping tape)
- 1 Toothbrush & paste, hairbrush, deodorant (no spray ons)
- 1 Insect Repellent (20% DEET is good) (no sprays)
- 1 Sunscreen
- 1 Labelled personal medications (please indicate on the med form )
- 1 Feminine hygiene – pads / tampons and hand wipes (waterproof in a snaplock bag)
- 3 x Face masks (in a plastic bag as spares)
- 1 x RAT Test
- Sunglasses
- Lip balm