

How to be Packed & Ready for Camp

To assist us in making a timely departure all students are required to arrive at the college a **minimum of 45 minutes prior to the departure times listed below**. Students should not pack more than they can carry as they will be required to do so. Luggage should be no larger than hand luggage permitted for domestic air travel (excluding sleeping bag and bedding) . Due to limited space large bags may need to be repacked and left behind.

- Busses will **depart** on **Wednesday 21st September** as follows
 - Year 7/8** depart the College at **8:30am** arriving at camp 10:30
 - Years 9/10** depart the College **7.45am** arriving at camp 10:30
- Busses will **arrive** on **Friday 23rd September** as follows
 - Year 7/8** depart the Camp at 1:00pm arriving at College **2:45**
 - Years 9/10** depart the Camp at 1:00pm arriving at camp **3:45**

All students must use toilet facilities at College prior to boarding as toilet stops are not planned.

All Students in years 7 to 10 are required to be in Sports uniform with a full track suit and covered shoes.

Year 11 students must ensure sun smart clothing that is appropriate for a school based activities is worn.

Morning tea and lunch on the first day are **not** provided for year 7 & 8 and should be packed and easily accessible.

Please assist us by not permitting Junk foods, lollies and i-pods etc to be packed.

All students must pack sun protection including **sun screen, hat and a water bottle**, as they must be used during all outdoor activities.

Students must provide their own bedding such sheets, pillow slip and sleeping bag. Year 9 students at Attunga are not provide pillows.

Please ensure that all items on the *what to bring sheet* are packed including wet weather gear and a second pair shoes for water activities.

By packing correctly all students will be comfortable and well prepared. This will maximise each student's participation in camp activities and the ability of staff to be positive and supportive of individual needs.

Contact details

Youthworks Head Office - (02) 85253100 from 8:00am to 5:00pm..

Macquarie Year 7 Camp- Rathane- Youthworks Port Hacking -After hours contact for emergencies only 0418 473 657

Greenway Year 8 Camp- Deer Park- Youthworks Port Hacking – After hours contact for emergencies only 0418 473 657.

Tebbutt Year 9 Camp –Attunga- Canyonleigh - After hours (02) 48 789 348. Arndell College Mobile 0407 474 162.

Johnson Year 10 Camp – Waterslea- Youthworks Nowra -After hours contact for emergencies only 0412 311 946.

Thank you for support and this opportunity to work with your children in this new and exciting environment.



What to bring to camp!

- ❑ **Sleeping Bag** or **warm blankets** and sheets
- ❑ Pillow and pillow slip
- ❑ Towels – bath & beach
- ❑ Toiletries including toothbrush/paste, soap, shampoo
- ❑ Insect repellent, sunscreen
- ❑ Joggers or good walking shoes
- ❑ Boots or any closed shoes with a heel if you are horse riding
- ❑ Warm Jacket (even in summer months)
- ❑ Hat
- ❑ Torch
- ❑ Cards / small board games in case of wet weather (there are some available at Attunga)
- ❑ Camera (optional)
- ❑ Water bottle for Bush walking
- ❑ Please don't bring any valuables with you

Note on Mobile Phones – we don't have coverage at Attunga (coverage is about 1.5klms further along Tugalong Rd) but there is a blue phone available and incoming calls (02 48789348) are possible to both the blue phone or our standard camp telephone.

What To Bring

PORT HACKING CONFERENCE & OUTDOOR CENTRES

ADDRESS Rathane Rd, Royal National Park □ POSTAL ADDRESS PO Box 705, Sutherland NSW 1499

TELEPHONE (02) 8525 3100 □ FACSIMILE (02) 9524 3810 □ EMAIL pth@youthworks.net □ WEB www.youthworks.net

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The following list is the minimum equipment required for your camp. Please ensure you are adequately prepared.

Clothing for all activities: Guests will be required to wear appropriate shoes, clothing and sun protection to be able to participate in activities. Open footwear (eg. Thongs and sandals), midriff tops, singlet tops, skirts and jewellery are not appropriate for the camp program.

Clothes

- Hat
- T-shirts
- T-shirt or rash-shirt that can get wet.
- Closed-in comfortable footwear (joggers/sneakers/hiking boots)
- Raincoat
- Beanie / gloves (if needed)
- Long pants (a must if your group is doing Billy Carts or Orienteering/Rogaining/Geocaching)
- Shorts
- Clothes that can get wet, eg. Board shorts.
- Jumper
- Warm Clothes
- Underwear and socks
- Pyjamas (if staying over night)
- Old covered-in shoes that can get wet (i.e. these are your 2nd pair of shoes).

NB: **No "Crocs" shoes**, must be fully closed in shoes eg. Old sneakers or wet-shoe booties.

- Swimmers / towel

Personal Equipment

- Toiletries (soap, toothbrush, toothpaste, bath towel etc) (if staying over night)
- Medicines (if needed - Please inform your school teachers of any medication at camp.)
- Sunscreen & insect repellent
- Sleeping bag or sheets (if staying over night)
- Pillow slip (if staying over night)
- Torch** (if staying overnight, especially if night hike)
- Water bottle

For booked Out trips (overnight offsite tent experience) – if applicable

- Sleeping bag (not sheets)
- Torch
- Water bottle at least 2 litre capacity
- Cutlery and plates etc (can be disposables)
- Spare set of warm clothes in case you get drenched (incl. underwear, socks, jumper or jacket, long pants)
- Covered comfortable walking shoes

For Special Diet Requests

- If you require a Special Diet, please refer to the Special Dietary Requirements Form for a list of items you will need to bring to camp.

DO NOT BRING:

- SNACKS CONTAINING NUTS, Walkman/iPod, good clothes, electronic games, expensive jewellery, mobile phones etc.