

Packing List

Important notes and optional extras to read before packing

READ BEFORE PACKING

The essential checklist is on page 2.

1 NEW CHANGES

Please read this latest checklist carefully. **Past campers:** our list is updated regularly, so please check for changes.

2 PLEASE BRING EVERYTHING

Please tick off **everything** on the essential checklist. Campers may not be able to enjoy all their activities if they do not have what they need.

3 HOW MANY CLOTHES TO PACK?

Each camper carries their luggage on a long walk to the cabin, so **pack as lightly as possible**. If using Sugar Bay transport, luggage is limited to **one medium-sized bag and one small day bag** per camper. Pack for your session (5, 6, 7 or 10 days). If staying for more than one session, laundry will be done at the end of each session, so pack only for the longest session.

4 PACK WITH YOUR CHILD

If you pack for your child, please make sure they know what is inside the bag. Some campers think they are missing items simply because they do not know what was packed. We suggest putting this checklist in the bag for your camper to use when packing to go home.

5 VALUABLES

Sugar Bay is not responsible for damage, wear or loss of personal property. Please check your insurance covers loss, theft and damage while away. **We recommend leaving valuables at home.** Despite our best efforts, belongings can go missing. Secure any valuables handed in at camp in a zip-lock bag.

6 KEEP IT CASUAL

Please avoid fancy and expensive clothes, as they may get damaged or go missing. One nice outfit for the end-of-week dance is enough. Campers enjoy activities such as skateboarding and muddy obstacle courses, so **old clothes are best**. Unclaimed lost property will be donated to charity.

7 LABEL EVERYTHING

Clearly mark **all belongings with your camper's full name**. For any unlabelled item found, Sugar Bay reserves the right to add your child's name using a black permanent marker. This may damage the item, so please label everything yourself.

8 WHAT NOT TO BRING

Cellphones, vuvuzelas, penknives and chewing gum are not allowed. Cellphones disrupt the programme, are costly items and distract campers from the present, making friends and having fun. Vuvuzelas are too noisy for wildlife and neighbours. Please do not pack knives or chewing gum.

9 DO NOT ARRIVE SICK

If your camper has a contagious illness, please do not bring them to camp. Germs can spread quickly in cabins and spoil the holiday for everyone.

10 OPTIONAL EXTRAS

- ☐ **Stingose or equivalent** For mosquito bites.
- ☐ **Baby powder and bum cream** For chafing from wet swimming costumes.
- ☐ **Full swimming costumes only** No bikinis.
- ☐ **Closed shoes for rocky surfaces** Any closed shoes suitable for walking on rocks.
- ☐ **After-sun lotion**
- ☐ **Pen and paper** For autographs, camper passports and writing faxes home.
- ☐ **Ear plugs** If your camper gets ear infections from frequent swimming. Ask your doctor or pharmacist about protective ear drops such as Swimseal®.
- ☐ **Personal items** Hairdryer, books, a musical instrument or sports equipment. For a skateboard or Ripstick, pack a helmet and knee, wrist and elbow pads. **No skating without protective equipment.**
- ☐ **Tuck / food from home** Keep food in one large zip-lock bag. Pack only non-perishable items and no chewing gum.
- ☐ **Insulated cup or flask** Seniors only, with a lid, if they want tea or coffee.
- ☐ **Something to fit the week's theme** Welcome but **not compulsory**. Avoid expensive clothes and items that might be damaged.

Cutlery is provided. Sleeping bags are only required when there is a camp-out excursion.

Packing Checklist

Tick each item as you pack. Keep this list in the bag to use again when packing to go home.

FIRST DAY HAND-INS

Keep medication, the completed Medication Form and other hand-in items **easily accessible** for check-in, for example in the day bag.

HAND IN ON ARRIVAL

- ☐ **Emergency medication - TWO sets** Two sets of all prescribed allergy or chronic medication (e.g. an asthma pump, cortisone or EpiPen), **even if not used recently**; this is a highly pollinated area. One set travels in your camper's day bag; the other stays at the Health Centre. Pack each in a labelled clear zip-lock bag and give dosage instructions on the Medication Form.
- ☐ **Prescribed medication** Clearly marked with your camper's name. Campers prescribed ADD or ADHD medication **must bring it** even if they do not normally take it at weekends or during holidays, for emergency use. Supply full dosage and directions on the Medication Form.
- ☐ **Completed Medication Form** Include full details, dosage and directions for every medication brought to camp.
- ☐ **Medical aid card** To speed up emergency hospital admission. Pack with medication if brought.
- ☐ **Tuck / food (optional)** Stored in the tuck room. Must be non-perishable and in a zip-lock bag.

CLOTHING

- ☐ **Shorts** Senior girls: make sure shorts are long enough to cover your bottom when bending over.
- ☐ **T-shirts and long-sleeved shirts**
- ☐ **Underwear and sleepwear**
- ☐ **One smart outfit** For the weekly party.
- ☐ **Warm clothes** Evenings can be cool even in summer. Bring more warm clothing in winter.
- ☐ **Peak or sunhat**
- ☐ **Takkies or trainers** Compulsory for the ropes course.

DAY BAG, SUN & WATER

- ☐ **Day bag / small backpack*** Large enough for the things needed each day but small enough to carry easily.
- ☐ **Sunstick* - compulsory** The only protection that works to avoid burned faces. It will not run into your eyes, is easy to carry, fully waterproof and sticks like crazy. If not packed, Sugar Bay will supply it from the camp-store. This may use a substantial amount of your child's savings account.
- ☐ **Sugar Bay Passport*** Past campers should bring theirs. New campers may get one in a camper pack or buy one at the camp-store.
- ☐ **Sunblock lotion** At least SPF 30. Pack enough for two 30 ml applications every day - at least 450 ml.
- ☐ **Water bottle***
- ☐ **Swimming costumes and beach towels** Two of each. Girls should bring secure sports costumes that will not slip.
- ☐ **Strops / rock shoes** Must stay on when crossing a river and have grip for slippery rocks.

PERSONAL CARE

- ☐ **Personal toiletries** Toothbrush, toothpaste, hairbrush, shower gel, shampoo, deodorant, shaving gear and/or feminine products, as appropriate. Basic supplies are available at the tuckshop.
- ☐ **Bath towel** In addition to beach towels.
- ☐ **Insect repellent** There are lots of mosquitoes here. Peaceful Sleep spray is recommended.
- ☐ **Empty laundry bag**

SWIMWEAR POLICY

GIRLS



One-piece costume with swim shorts worn over it.



No bikinis.

BOYS



Swim shorts only.



No speedos.



Campers without the required swimwear will still participate in swimming activities, but will not be included in camp photos or videos.

Please pack the correct swimwear for swimming activities.

* **CAMPER PACK** Order the camper pack in advance to receive the * items (plus more cool stuff) at a discounted price.