# HEADING OFF ON SCHOOL CAMP

## What to Pack

CollaroyCentre

# CAMP IS SUCH A FABULOUS OPPORTUNITY TO DEVELOP SKILLS, NEW INTERESTS AND FRIENDSHIPS.

Packing for camp can be a little daunting, especially when it is more than 1 or 2 days long.
A checklist may come from the school as well as the camp centre, so it is wise to cross check both documents to ensure you and your child do not miss packing anything.

Another wise thing to do is to practice with your child packing and unpacking their bag, whilst cross checking items off their final packing list to make sure nothing gets left behind; that they indeed do have everything they need for a successful camp experience.

Don't forget to mark clothing and other goods with the child's name or initials so that if they are misplaced, they have a better chance of being returned.

When choosing a bag or backpack, make sure it is not too heavy or too big, and consider packing a small secondary backpack for day activities.

> The most important thing about packing for school camp is to make it a team effort and allow plenty of time to teach your child how to pack. This can also help to ease any nerves about being away from home.
>
> Dr Christopher Thurber, a clinical psychologist, author, camp consultant and father;

CollaroyCentre

3

# The Collaroy Centre

What amazing adventures do you need to pack for?

CollaroyCentre

# OVER 25 ADRENALIN ACTIVITIES

Your school or group camp co-ordinators will work with our Qualified Programmers to design an amazing action packed camp for the group you will be travelling with.

These are just some of the activities you could be doing, so pack accordingly:

- Abseiling
- Archery
- Drop Pole
- Rock Climbing
- Dual Flying Fox
- Giant Swing
- 2 Tiered High Ropes
- Challenge Course
- Initiative Course
- Laser Tag
- Surfing
- Kayaking
- Bubble Soccer
- Water Slide

CollaroyCentre

5

# The Collaroy Centre

## What to pack!

CollaroyCentre

# THE PACKING LIST

This list is not an exhaustive list, and can be added to when you know what activities you will be taking part in.
Don't forget to consider seasonal changes and check the weather forecasts before you pack.

- T-shirts and a couple of long shirts, no singlets
- Jeans, comfortable pants and long shorts
- Socks and underwear
- Warm jacket or jumper – especially if it’s a Winter camp
- Pyjamas
- Swimming costume
- Sunscreen, hat and sunglasses
- Two pairs of sneakers – one old pair for water based activities
- Thongs – for showers
- Toiletries: soap, toothpaste, shampoo/conditioner, deodorant, lip balm and insect repellent
- Two towels – bathroom and beach towel
- Pillow slip, bottom sheet, sleeping bag or top sheet. Blankets are provided
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Tissues
- Raincoat or wind jacket
- Water bottle
- Torch
- Pocket money if needed
- Camera – optional, a waterproof disposable camera is a great idea to capture the memories

CollaroyCentre

7

CollaroyCentre

We look forward to welcoming you soon.

School Camps | Church Camps | Retreats
Duke of Ed Adventures | Conferences

CollaroyCentre.org.au

@thecollaroycentre
#thecollaroycentre

22 Homestead Ave, Collaroy, 2097 | 02 - 9982 9800