



## Warrnambool Primary School Year 5 Sovereign Hill Camp

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### WHAT TO BRING – suggested packing list

Dear Students,

With our Ballarat Camp fast approaching, it is important that you assist with the packing and organisation of your personal items.

Below is a list of suggested items that you may need whilst you are away from home:

- You are not required to wear your school uniform.
- **Please name ALL luggage and all personal items clearly!**
- You will need a sturdy backpack.
- Bring a sensible **lunch, plenty of snacks** for the first day and a refillable water container inside your backpack. *DO NOT pack this under the coach.*

**Clothing** – days will be cold and possibly showery. Most activities are under cover but sensible, warm clothing is essential. A WARM **COAT** IS ESSENTIAL. We do activities at night, so you will need to be prepared.

- shoes – 2 comfortable pairs of shoes for walking e.g. runners, (optional -thongs for showering only)
- 2-3 pairs of tracksuit pants / jeans
- warm pyjamas or a tracksuit / onesie to sleep in
- underwear – enough for 3 days & spare pairs, 3-4 pairs of socks, thick socks for night time
- 2 t-shirts or long sleeve t-shirts
- 2 jumpers / hoodies
- a warm **coat** and/or a spray/ rain jacket
- 1 **towel** (face-washer optional)
- a single bottom sheet for your bunk bed
- a sleeping bag
- a pillow and pillow case
- bag for dirty washing

#### **Other personal items:**

- Toiletries: - shampoo, conditioner, soap/body wash, deodorant (roll on), toothbrush, toothpaste, brush/comb, lip balm etc. No aerosols please.
- Teddy Bear, novel, notepad, pen, small torch (all optional)
- Warm hat or beanie and gloves (optional)
- Refillable water bottle and food for the whole of day 1
- **No Ipads**
- If you wish to send spending money (*up to \$40*) place it in a purse/ wallet, clearly named

### **Medications:**

If medication is required it is to be given to **Mrs Lidia Allen** on the morning of departure, or preferably, on the Tuesday before camp.

- *ALL medications will need to be in a small bag/ container, with student name, class and clear administration instructions completed on the administration of medication handout (attached) e.g. time, dosage amount etc.*
- *Medication must be in the original packaging. Prescription drugs must have the prescription label attached to the medication.*
- *Staff do not carry, supply or administer **paracetamol** unless it is supplied by the guardian, in original packaging (not individual or strips of tablets) and accompanied by written instructions detailing when to administer and what dosage is to be given.*
- **Asthmatic** students who require Ventolin will need to have it with them at all times. Please make sure this is filled in on their camp medical form.
- If your child suffers from **travel sickness**, it is recommended that they have a sensible breakfast, take any necessary medication at least 30 minutes prior to the camp departure time and sit towards the front of the coach. Travel sickness medication for the return trip must be clearly labelled.
- Students with **epi-pens** need to carry these in their personal backpacks at all times.
- Any cash, cameras or valuables etc. taken on camp will be the responsibility of the student.

**DEFINITELY NO MOBILE PHONES. NO GUM. BRING A POSITIVE ATTITUDE AND A SMILE ☺**

Please ensure you have given permission for your child to attend the camp and have returned the student code of conduct note and the fully completed student medical form including your Medicare number.

**Happy packing – don't forget to label everything!**

**REMEMBER, DEPARTURE TIME IS 8am so be at school by 7:30am.**