

Equipment List

Clothing

- Appropriate clothes for 3 days (including at least one outfit appropriate for Flipout)
- A spare pair of clothes (including socks and underwear)
- An extra pair of socks (for Flip Out)
- At least one set of warm clothes (jeans, long sleeve shirt, jacket, rain jacket)
- Appropriate Swimwear (We will be surfing at the beach. You need to ensure your swimwear is sun safe and will keep you covered)
- Pyjamas
- Closed shoes

Toiletries

No toiletries will be provided. You need to ensure you bring everything you will need including:

- Toothpaste
- Toothbrush
- Hairbrush
- Deodorant
- Soap
- Shampoo and Conditioner
- Towels (One for the beach and one for the shower)
- Medications (Please notify the teacher)

Bedding

Bedding is not provided. Students will need to bring:

- Pillow
- Sleeping bag (or appropriate bedding)

Day Pack

A day pack is a bag that you take with you to offsite activities. It needs to contain:

- Sunscreen
- Mosquito repellent
- A hat
- A drink bottle
- Wallet/Money

Food

Provided Food

- Dinner Monday, Tuesday
- Lunch Tuesday
- Breakfast Tuesday and Wednesday

You may pack lunch for Monday and Wednesday or you will be able to purchase it. Just remember there is not refrigeration facilities. You may also pack snacks (healthy snacks such as fruit are encouraged)