

WHAT TO BRING - WEEKENDS

ESSENTIAL CLOTHING / EQUIPMENT LIST

CLOTHING

- ☐ Enough clothes for the duration of the camp (shorts, shirts, long pants, warm jumper, underwear, pyjamas, swim wear and board shorts).
- ☐ Skins/bike pants type shorts to be worn under board shorts. These prevent chaffing when walking to and from activities.

It is advised not to bring expensive clothing or shoes due to the nature of the activities undertaken. Singlet / midriff tops and short shorts are unsuitable for activities at CYC Burleigh.

TOILETRIES

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| <input type="checkbox"/> 1 x beach towel | <input type="checkbox"/> Washer, shampoo & conditioner |
| <input type="checkbox"/> 1 x bath towel | <input type="checkbox"/> Personal prescribed medication |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Insect repellent (no aerosols) |
| <input type="checkbox"/> Toothbrush & toothpaste | <input type="checkbox"/> Sunscreen (no aerosols) |
| <input type="checkbox"/> Head torch or torch (venues other than CYC Burleigh) | |

FOOTWEAR

- ☐ 1 x pair closed in shoes (for walking/dry land)
- ☐ 1 x pair casual footwear (thongs) - can be worn around the centre during non-activity time

Casual footwear (thongs) may be worn during non-activity time at the Centre and should be worn in bathrooms. Covered footwear must be worn when in the dining hall (during meals). **NB If you're participating in activities facilitated by CYC, covered footwear to be worn in the water. Booties or old shoes are acceptable, thongs and other non-enclosed footwear are not acceptable.**

PROTECTION FROM THE SUN

- ☐ Suitable hat
- ☐ Sunscreen
- ☐ Board shorts (skins/bike pants should be worn under board shorts)
- ☐ Long-sleeve sun shirt.
- ☐ Water Bottle

BEDDING

- ☐ 1 X Fitted sheet
- ☐ 1 X Pillow & pillow case
- ☐ 1 X Sleeping bag/doona/blanket

ITEMS NOT TO BE BROUGHT ON CAMP - It is advised not to bring electronic equipment including mobile phones. It is a requirement that jewellery be removed as a matter of safety for a number of activities. If jewellery is unable to be removed or suitably taped, you may not be able to participate. Aerosol cans are not permitted at camp.