# GRADE 6 CAMP - CAVE HILL CREEK
List of Requirements Checklist

**ESSENTIAL ITEMS** - to be included in day pack to be taken on the bus with students.

- Sunscreen
- Weatherproof jacket
- Asthma puffer and spacer
- Play lunch and lunch for first day
- Refillable water bottle
- Cap or Beanie

**OPTIONAL ITEMS** - for bus

- Soft toy
- Tissues
- Camera (at own risk)
- iPod - for music only (at own risk)
- No spending money will be required
- Warm scarf and gloves

**ESSENTIAL ITEMS** - to travel in an overnight bag or small case under the bus.

- Sleeping bag
- Towel
- Toiletries - toothbrush and paste, soap, deodorant, hairbrush etc.
- Pillow Case (Pillows are provided)
- Track pants (1 pair)
- Shirts / tops (1)
- T-shirts (2)
- Runners (runners essential for bike-riding & an old pair that can be used in the canoes as well or water shoes)
- Shorts (1 pair)
- Socks (3)
- Underwear (3)
- Warm windcheater / jumper (2)
- Pyjamas
- Bathers and beach towel for canoeing
- Plastic bags for dirty / wet clothes
- Thongs for *showers*
- Book for quiet reading time
- Torch

**MEDICINES**

All medicines must be labeled clearly with

(a) child’s name
(b) the dosage
(c) directions for when and how to be taken

These medicines should be handed to Carolyn on arrival at school on the morning of the camp together with other specific instructions in writing.

*For any specific medical needs please make an appointment or ring Carolyn prior to the departure date.*