

Young Life Central West Water Sports Weekend Away – What To Bring:

- Hat, sunscreen, sun glasses
- Swimmers, towel
- Rash Shirt (or a shirt (not singlet!!) to wear in the water for sun protection)
- Clothes for two days (don't forget pyjama's!)
- **1 pair of long pants + jumper** – it ALWAYS gets cold!
- Covered shoes (& thongs if you like)
- 1 water bottle (no glass)
- Personal hygiene items (toothbrush etc)
- Sleeping bag, sleep mat & pillow. **Please do not bring swags** as they take up too much room in the tent & for transporting.
- Torch
- Rain jacket

Young Life will provide tents. There are separate tents for male and female campers.

A note on sun protection: As it is still hot and there is limited shade at Burrendong, we will be asking your child to ensure that they are wearing a tshirt or rash shirt at all times. Please assist us in this by ensuring that your child has a shirt that is able to be worn in the water and a hat that is ok to get wet.

Medication – if your child has medication that needs to be dispensed by their leader, please ensure that it is clearly marked with your child's name as well as the medication name and dose.

Items such as cameras and spending money may be brought to camp, please note however that these items remain the responsibility of individual campers throughout the duration of the week and that Young Life Australia takes no responsibility for these items.

What Not To Bring:

- Non-prescription drugs and alcohol (anyone found with these items will be sent home at their own expense)
- Anything that you would be devastated about if it got really dirty!!
- Pocket knives, or any kind of weapon will be confiscated and not given back