

Stage 3 Camp

Dear Parents/Carers,

Please find the 'what to bring' list for Stage 3 Camp below, provided by Berry Sport and Recreation Centre. For further information regarding the camp and how to be best prepared, please follow this website link below: <https://www.sport.nsw.gov.au/sport-and-recreation-centres/school-camps/parent-information-school-camps>

What to pack

Luggage

Luggage should be **limited to one bag** equivalent in size to airline 'carry on' luggage with **maximum weight of 10kg** and a separate sleeping bag, plus a small backpack per child. Remember, your child will be required to carry their luggage so it is essential to make sure it is not too big or heavy.

For school camps, pack:

Please label all clothing, towels and sleeping bag with your child's name.

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Warm jacket (winter only)
- Three layers of warm clothing (winter only)
- Pyjamas
- Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Sleeping bag or doona and two single flat sheets
- Bring your own pillow
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

What not to bring:

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and other electronic devices
- Lollies or chewing gum
- Jewellery
- Anything valuable (The Office of Sport takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items)

Camp Life

Accommodation

Students stay in comfortable rooms or lodges with male and female students accommodated separately. At least one visiting teacher will stay in a room nearby and will be responsible for student safety and behaviour.

Meals

Our qualified catering team prepare nutritious and delicious meals so your child will never go hungry at camp. If your child has any special dietary requirements or food allergies, it's crucial that these are listed on the Medical and Consent form. It's also a good idea to mention it to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

Many of our program participants suffer from food related allergies that vary from person to person and can be as sensitive as making contact with certain foods that will cause a serious allergic reaction.

The catering areas that you are using during your stay are also ones that people with food related allergies utilise throughout the year, so we seek your assistance and support in managing these risks.

We ask that you consider the following:

- Do not bring nuts and products containing nuts on-site
- Engage in a discussion with your child about not sharing food while at camp to prevent cross contamination.

Our Allergen Free Meals policy requires anyone with an allergy or anaphylaxis reaction to a food, to wear a red wrist band for easy identification. Their meals are plated separately by our catering staff and collected from a designated spot to ensure policy compliance and to manage any risks.

Behaviour

So that camp is a fun and safe experience for everybody, we have rules in place for students to follow. These will be explained to your child on arrival at camp. If your child misbehaves, we will discuss with your child's teacher the best course of action. The Office of Sport has a zero tolerance stance on bullying.

Outdoor Safety

Every effort is made to ensure your child's safety and comfort while at camp. Our SunSmart policy promotes wearing broad-brimmed hats and sunscreen, and we minimise sun exposure during the hottest part of the day. Personal flotation devices are supplied by the Centre. Covered shoes must be worn when participating in all boating activities.

Money and valuables

Your school may ask students to buy meals going to and from camp.

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Accidents and emergencies

Centre staff hold senior first aid accreditations and can administer first aid, if required. If your child requires medical assistance, they will be taken to the nearest medical centre or hospital and we will notify you. In case of emergencies, parents can contact the school teachers in attendance at camp.