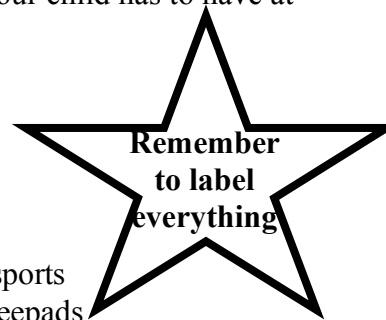


PACKING LIST - IMPORTANT NOTES



- 1 **NEW CHANGES** Past campers please note that our packing list do change. Please take the time to go through the latest check list very carefully!
- 2 **PLEASE BRING EVERYTHING** Please tick of EVERYTHING on the check list. *Campers are not be able to enjoy their week if they don't have everything they need!*
- 3 **HOW MANY CLOTHES TO PACK?** You need to pack enough clothing **for the session – 5, 6, 7 or 10 days**. If you are staying for two or more sessions, laundry will be done at the end of each session. Then you just need to pack enough clothes for one (the longest) session.
- 4 **PACK WITH YOUR CHILD** If a parent is packing please make sure your child knows exactly what s/he has in the bag. Some kids claim that they don't have certain items but they just didn't know it had been packed. *We suggest you actually include the check list in your bag so your child can use it when going home.*
- 5 **VALUABLES:** Sugar Bay is not responsible for any damage, wear or loss of personal property. Parents, please check your insurance policy to ensure your child's personal property is covered against loss, theft and damage while away. We recommend that valuable items be left at home. **THIS IS IMPORTANT. Despite all our best efforts, stuff does go missing. We would hate you to loose something expensive.**
- 6 **KEEP IT CASUAL** Campers, please do not pack fancy and/or expensive clothes. They will probably not come home the same – or at all!. There is a party at the end of the week for which you might want one nice outfit but other than that it needs to be casual. You will be doing things like skateboarding and muddy obstacle courses – OLD clothes are best!
- 7 **LABEL EVERYTHING** Parents, please ensure that all items are clearly marked with your child's full name. **WE DON'T WANT ANY MORE LOST PROPERTY.** Any lost property that is not claimed at the end of the week will be donated to charity.
- 8 **WHAT NOT TO BRING: CELLPHONES, VUVUZELAS, PENKNIVES OR CHEWING GUM** We do not allow cell-phones at Sugar Bay. They disrupt the program, are costly little items and inhibit your child from focusing on the present, having fun and making new friends. Vuvuzelas are just too noisy for our feathered friends and neighbors. And no knives or chewing gum for obvious reasons.
- 9 **PLEASE DON'T COME TO CAMP SICK** If your child is suffering from a contagious illness, please do not come to camp. These germs spread rapidly in the cabins and end up spoiling the holiday for everyone.
- 10 **OPTIONAL ITEMS** On the next page we have given you a list of everything that your child has to have at camp. But in addition to that list your child might find it useful to have:
 - Stingose or equivalent** – for mossie bites
 - After-sun lotion**
 - Pen and paper** – for autographs, camper passports and for writing faxes home.
 - Ear plugs** - if you are likely to suffer from ear infections with frequent swimming. Speak to your doctor/ pharmacist about protective ear drops such as SwimsealR.
 - Personal stuff** (optional) like a hair dryer, books, a musical instrument or personal sports equipment. If you are packing a skateboard or Ripstick you **must** bring a helmet, kneepads, elbow-pads and wrist-guards. You will not be allowed to board without protective equipment.
 - Something to fit the week's theme.** This is not at all compulsory – only if you would like to bring something and have something suitable.



CHECK LIST FOR PACKING

- ✓ Please read the notes on the accompanying page first
- ✓ Please tick the items off as you have packed them.



Luxury Holiday Resort for Children & Teens

Stuff to wear (enough for the session – 5,6 or 7 days)

- Shorts** (*girls: shorts are far more useful than skirts*)
- T-shirts and long-sleeved shirts**
- Underwear & sleepwear**
- One smart outfit for the weekly party**
- Warm clothes** Evenings can be cool, even in Summer. Pack more warm stuff for the cooler months of July and August

You cannot take part in activities without all of these:

- Day Bag (small bag or back pack)** Big enough to hold all the stuff that you will need each day (everything in this section) but small enough to carry around easily. Please pack your child's food, drinks and snacks in this bag so they will find them easily in order to hand them in.
- ADD/ ADHD meds:** All children on medication for ADD or ADHD MUST bring appropriate medication even if they are not currently taking it (for emergencies)
- Medical aid card** To speed up emergency hospital admissions (handed in to the office)
- Emergency medication (2 sets)** Please bring **two sets** of any prescribed allergy or chronic medication (eg: asthma pumps, cortisone or Epipens) *even if not used recently – this is a highly pollinated area*. One will go with your child in the day bag and the other will be kept in the infirmary. Please ensure both sets of emergency meds have to be packed in separate ziplock bags with the following clearly labelled on the outside of the bag: Child's name, Emergency Dosage & Directions
- Prescribed medication** Clearly marked with name and dosage (handed into the infirmary)
- Bathing suit**
- Beach towel**
- Peak or sunhat** All children have to wear hats outdoors
- Waterbottle** Bring your own even if you have ordered a camper pack, as they are only handed out on the last day
- Sun block lotion** You need enough for regular reapplications EVERY day – **at least 450ml!**
- Sunstick** We find that this is the only protection that works to avoid burned faces. It won't run in your eyes, it's easy to carry, fully waterproof and sticks like crazy – brilliant! **Please note that if this item is not packed, we will supply it from our tuckshop. This can be costly and may use a substantial amount of your child's savings account*
- Strops or flip flops**
- Takkies or trainers** (*compulsory for the ropes course*)

For evenings and bad weather

- Sleeping bags** For camp outs and cool nights – even if you don't want to camp
- Beanie/ Warm hats** For windy days at the beach and evenings around the camp-fire
- Raincoat or waterproof jacket**
- Torch**

For bathing

- Bag of personal toiletries** Toothbrush & paste, hairbrush, shower-gel, shampoo, deodorant, shaving gear and/or feminine products where appropriate
- Bath towel** (*in addition to a beach towel*)
- Insect repellent**
- Empty laundry bag** To keep dirty stuff separate

Don't forget your Sugar Bay Passport**Finally, any of the optional extras that you might want to bring (see page 1)**