

Year 7 Camp Equipment List

Students need to be inside the MPC at 8:30am on Wednesday 26 February 2025. Traffic will be heavier than usual **so please allow extra time to get to school**, particularly if it is wet. It is vital that parents **DO NOT** drop off or pick up their children in the school bus bay. Please say goodbye to your child outside the MPC – parents are NOT to come into the MPC.

Before you leave your child on Wednesday morning, please make a VERY CLEAR ARRANGEMENT WITH YOUR CHILD about where you will meet them on Friday afternoon. Please collect your child promptly.

Collecting Students After Camp

Parents or carers can collect their child from the Lower Playground (at the front of the school). Parents will need to escort their child across Purchase Road. This is a safety requirement due to the large volume of cars and buses making it extremely dangerous for students with bags trying to navigate their way across the road.

STUDENTS WILL NOT BE ALLOWED TO GET INTO CARS ILLEGALLY STOPPING IN THE SCHOOL BUS BAY.

Students will arrive back at school on Friday 28 February at approximately 1.45pm. If there are delays a message will be sent via the CTHS app. After arrival at school, students may:

1. Walk home (ONLY if permission has been provided by email to rebecca.howard11@det.nsw.edu.au)
- OR
2. Wait in the lower playground until their parents or carers arrive to collect them. The area needs to be clear **well before** school finishes at 3pm when 1700 students will be moving through this area.

Parking

- **DO NOT park illegally in the school bus bay – teachers will be on duty to prevent this**
- **DO NOT park in the John Purchase ‘Kiss and Drop Zone’**

Parents should park in the surrounding streets, in a manner that respects access for local residents, and walk to the lower playground to collect their child.

Luggage

Luggage is limited to **ONE** suitcase or bag (with wheels) **AND** one day pack/backpack. There is to be nothing left out of your luggage including the sleeping bag. Students will need to wheel this bag some distance to their cabin so please make sure it is light enough and portable enough for your child to manage. Teachers WILL NOT carry student's bags for them.

Please ensure all daypacks and suitcases are CLEARLY LABELLED WITH STUDENT NAMES

Medication - only prescribed medication in original packaging is to be taken to camp

Students are not allowed to keep medications in their luggage or cabins. All prescribed medication will be collected from students in the MPC before leaving CTHS (except for Epipens and Asthma medication). All medication must be in original containers and placed in a ziplock bag labelled with the student's name, with instructions regarding times and dosages. **Only prescribed medication will be administered - no other medication is to be taken to camp.**

Anaphylaxis and Asthma – students must keep their Epipens and Asthma puffers with them at all times. Epipens should be accompanied by a current Anaphylaxis plan. Epipens and Asthma puffers must not be out of date. The dates of Epipens and Asthma puffers will be checked before students leave for camp.

Clothing Requirements

It is a good idea for students to pack their own bags so that they can re pack for the trip home.

- Water bottle
- Cup (labelled with name - used for morning/afternoon tea and supper)
- Raincoat (regardless of forecast)
- Hat or cap
- Sleeping bag
- Pillow
- Sunscreen & Hand Sanitiser
- 1 pair pajamas
- Day pack (small backpack for water, sunscreen, etc)
- Torch (make sure it works before you leave home)
- Toiletries (including toothbrush!)
- Roll on Insect repellent
- 2 pairs of sneakers (1 of which should be an old pair for water activities)
- Thongs - only for going to and from showers
- 3 T-shirts WITH SLEEVES needed NO SLEEVELESS OR MIDRIFF TOPS
- 3 sets of underwear
- 3 pairs of shorts - NO MINI SHORTS (for safety on activities)
- 3 pairs of track pants or leggings
- 2 sloppy joes / sweatshirts / windcheaters
- 3 pair socks
- Bath towel
- Beach towel & swimmers
- Small packet of tissues
- Plastic bags for wet clothes / wet towel



PLEASE NOTE THE FOLLOWING

- All shirts or T-shirts MUST have sleeves - Singlet tops are NOT PERMITTED due to the camp's and school's Sun Protection policy. T-shirts must not have slogans or logos related to **sex, alcohol or drugs.**
- Short shorts are not permitted as they are unsuitable for camp activities (safety harnesses will rub the inside of your legs), particularly in high ropes and abseiling activities. You will be sent back to your cabin to change if you wear very short shorts.
- Sneakers MUST be worn at all times when participating in both indoor and outdoor activities and must be fully enclosed with laces.
- A pair of **OLD** shoes or water shoes will be needed for water activities. These will get wet and muddy so cannot be used for other camp activities. Sandals and thongs are not appropriate because 'wet' shoes must be enclosed.
- Soft canvas shoes must NOT be worn at camp for any activities other than canoeing. Soft canvas can only be used for 'wet' shoes.

Equipment

In your **day pack** that you carry with you each day you MUST have:

- water bottle
- sun screen and hat
- insect repellent
- asthma puffer/epipen where appropriate



Students should **not** bring money, mobile phones, iPads or other electronic devices. Please be aware that teachers will not spend excessive amounts of time investigating the loss, theft or damage of these items, nor will the school accept responsibility for their loss, theft or damage.

Students will be given sufficient food and drink throughout the day so **should not bring** extra snacks which may attract cockroaches/wildlife in to the student accommodation. Soft drinks and energy drinks are not permitted at camp.



If you have any questions, please email Ms Howard at rebecca.howard11@det.nsw.edu.au