



## Camp Parent and Athlete Personal Requirements

Camp Parents and Athletes must bring the following personal requirements.

- 1 Pillow & Pillowcase
- 1 Sleeping Bag or 2 sheets and blankets or doona
- 2 Towels
- Toilet Articles
- Pen or Pencil
- Sun cream - not coloured zinc cream


The following items are to be in a bag (draw string or similar), and must be taken to all meals.

- 2 mugs
- 1 bowl - unbreakable
- 2 plates - unbreakable
- 1 knife, fork and spoon
- 2 tea towels
- 1 teaspoon
- 1 Drink Bottle

### Athlete's Personal Clothing

- Full Competition Outfit (Club top, shorts etc)
- Training shorts - **must not be baggy knee length shorts**
- 3 or 4 changes for training
- Hat
- Thongs
- Sneakers
- Training shoes (spikes if using)
- If children have new sneakers or competition shoes please also bring old shoes.

### Other Information

- Any medication to be handed to hut parent for supervision.
- Parents are requested to help Camp Parents by having children on normal sleep patterns before coming to Camp as Camp programme is 7.00 a.m. get up and approx 10.00 p.m. bed. (We do not sleep in).
- It is recommended that children do not bring electronic equipment, as no responsibility will be taken.
- Strictly NO mobile phones. 

### Bus Timetable

Times are a guide only. Full details will be sent with confirmation of Camp Booking.

<b>Sunday 5th January</b>	Bus Departs	Hobart	7.00am	230 Liverpool St
		Bridgewater	7.20am	(approx) Highway near McDonalds
		Perth	9.10am	(approx) United Roadhouse
<b>Thursday 9th January</b>	Bus Departs	Port Sorell	1.15pm	
		Perth	2.20pm	Fire Station
		Bridgewater	4.10pm	
	Arrive	Hobart	4.30pm	230 Liverpool St

Please note seats are limited on bus transport and may affect the number of athletes accepted at camp.

**Those athletes not travelling by bus, must arrive at Camp between 10.30 am and 10.45am on Sunday 5<sup>th</sup> January 2020, and must be collected from camp between 12.45pm and 1pm on Thursday 9<sup>th</sup> January 2020**