Information for parents

Getting ready for camp

New skills, new friends and new experiences – school camp should be an exciting adventure. This information pack has been designed to help you prepare your child (and you) for a stress free and enjoyable camp experience at Camp Thunderbird.

Packing checklist:

- Pillow, sleeping bag, fitted sheet and single sheet
- Shorts and t-shirts (no singlets, sleeveless or midriff tops – sun safety)
- Jeans and/or pants
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Swimming costume and rash shirt
- Sunscreen, sunhat and sunglasses
- Toiletries, including soap (no aerosols)
- Two towels
- Day-backpack
- Insect repellent (no aerosols)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- Thongs (for shower only)
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medications (if required)
- Handkerchief or tissues
- Water bottle.
- Optional: Camera, stamped envelope for writing a letter, souvenir money.
- Handy hint: Please label clothing, towels and sleeping bag with your child's name

Mudcourse items:

- Throw away tee shirt, pants, shoes & socks (Just be prepared for these items not to come back home)
- An alternative is for the children to bring clothes home anyway and they can be washed and saved if need be.

What not to bring to camp:

- Aerosol cans (e.g. spray on deodorant or insect repellent)
- Ugh boots or slippers (these cannot be worn around the Centre or on activities)
- Ipods, MP3 players
- Computer/video games
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Anything valuable.

Luggage

One travelling case/bag and a sleeping bag is allowed per child and should be clearly marked with your child's name, address and phone number. Remember, your child will have to carry their luggage, so make sure it's not too big or too heavy.
Handy hint: Pack items needed on the trip in a smaller, light day-backpack.

Special Dietary Requirements

Please advise the School if your child has any special dietary requirements that the Camp Venue will be required to cater for.

Medical information

Your child should bring enough medication for the duration of their stay. All medicines should be in original packaging and clearly marked with your child's name, together with instructions on the prescribed dosage and frequency. You should discuss this with your child's teacher, who will be responsible for making sure your child takes their medication.

Bed wetting

If your child is prone to bed wetting, please let the school or Centre staff know beforehand, so staff can deal with the situation in a discreet and caring manner. Laundry facilities are available, please provide a waterproof mattress protector if required.

Asthma and/or anaphylaxis

If your child has asthma and/or is at risk of anaphylaxis, it's essential that you provide an asthma and/or anaphylaxis management plan so teachers know what action to take in the event of an attack. Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times. Children at risk of anaphylaxis need to bring TWO adrenaline auto injectors.

Money and valuables

You might want to provide your child with some spending money so they can buy some camp souvenirs or items from the onsite Terrace Kiosk. We suggest that spending money is limited to $20 or $30 and is provided in a sealed envelope with your child's name on it.