

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 Point Wolstoncroft Sport and Recreation Centre.

We have tried to cover all the questions you might have, but if you have a specific query that's not covered here please contact our friendly staff on 13 13 02 or visit www.dsr.nsw.gov.au

Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- 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
- Pillowcase, sleeping bag and a single bed sheet
- Day-backpack
- Insect repellent (no aerosols)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- 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

What not to bring to camp:

- Aerosol cans (eg. spray on deodorant or insect repellent)
- Thongs, Ugg boots or slippers (these cannot be worn around the Centre or on activities)
- Radios or MP3 players
- Computer/video games
- Mobile phones

- Lollies or chewing gum
- Jewellery
- Anything valuable.

Please note that drugs, cigarettes and alcohol are not allowed at camp and campers found using or in possession of these items may be removed from the Centre. Illegal drugs will be reported to the Police immediately.

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, lighter bag.

Medical information

The information you provide on the **Medical and consent form – Child** helps us to look after your child's health needs at camp. If your child has an injury, pre-existing condition, special dietary needs or is on prescription medicines, please provide full details on this form.

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

If your child has been diagnosed by a doctor as having asthma, it's essential that you provide an asthma management plan so staff are aware of what action to take in the event of an attack. A copy of the Asthma Action Plan can be downloaded from www.asthmasw.org.au. Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times.

Handy hint: Please make sure you put all important medical information on the Medical and consent form.