

National Variety Adventure Camp Goanna Park



What to Bring

- Sleeping bag and pillow (compulsory)
- Shoes / trainers / comfortable shoes and thongs / sandals for bedtime and early morning
- Personal items ie, toothbrush, soap, deodorants, shampoo etc
- Clothing:
 - We recommend suitable clothing for outdoor activities and sport, don't forget swimming costumes and 2 towels, allow one party outfit for the last night's party and the disco. Temperatures drop to 16 -18 degrees at night so include a pullover / cardigan and warm pyjamas. Day temperatures are up to 36 degrees during the Dry Season. It does not normally rain in July.
 - Laundry days will be **Tuesday and Thursday**, so plan clothes required with this in mind. A minimum of 7 sets of underwear are recommended and at least 5 t-shirts. Due to hot weather please ensure plenty of shorts are included.
 - You must label all underwear and clothes with a laundry marker. A laundry bag will be issued to each person.
- Any special eating and drinking utensils
- Water bottle (with a carrier if you have one)

Essential

- Mosquito repellent and sunscreen
- A hat
- Torch
- Medication instructions and medicines

Girls to note

Please ensure that any feminine hygiene products required are included for the week.