

General Information

linen provided by Swan Valley Adventure Centre:
fitted sheet, comforter, pillow & pillowcase, blanket (seasonal)

What to bring	What to wear
<p>towel x 2 (beach and bath)</p> <p>plastic bag (labelled - for wet/ muddy shoes and clothes)</p>	<p>comfortable casual clothing - t-shirts, long sleeved tops, shorts, pants, jumpers/ jacket, pyjamas, underwear, socks, shoes, thongs, bathers, board shorts, rash vest</p> <p><u>mid length shorts/ full length pants are required for all activities</u></p>
Personal Items	General Camp Footwear
<p>Toiletries (soap, shampoo, toothbrush, toothpaste)</p> <p>sunscreen, hat, sunglasses, torch, waterproof jacket, insect repellent, small backpack, water bottle</p>	<p><u>enclosed shoes</u> required for all activities</p> <p>additional pair of shoes/ runners (dry shoes) will be required to wear in the camp houses, Dining Room and conference rooms</p>
Additional items	Commando, High Ropes and Canoe Courses
<p>First Aid Kit personal medications</p>	<p>old t-shirt and mid length or long length pants that can get wet/ muddy</p> <p><u>enclosed shoes</u> that can get wet/ muddy</p>
What <u>NOT</u> to bring	What <u>NOT</u> to wear
<p>chewing gum, cigarettes, drugs or alcohol, new or expensive clothing is not recommended, please refrain from bringing valuables</p>	<p>NO short shorts on activities NO singlets on activities NO thongs/ crocs/ sandals when on activities (including Commando and Canoe course)</p>

* Please note that wet/ muddy clothing and shoes worn during Adventure Centre activities are not permitted to be worn into the Dining Room, camp houses or conference rooms.