Camper/Parent Handbook

Leadership & Self Discovery Youth Camps

-2022/3 Edition-

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Camp Director's Message

Thank you for learning more about Camp Genesis and all that we have to offer. We are very proud of our programs, our staff, our facilities, and we are committed to provide an enriching, fun, and safe camp experiences for all campers.

Camp Genesis places the highest priority on the health and safety of our campers and staff. Our policies and procedures create a camp environment that protects both the physical and emotional safety of the children in our care. As a parent myself, I understand that your children are your lifeblood. It is my commitment to you that the Camp Genesis team will provide a safe, healthy environment for your teen during their camp experience.

I would encourage you to review our website, including our FAQ, and if you have any questions, concerns, or would just like to chat, please do not hesitate to contact me directly. You and your family are always welcome here.

All for one, and one for all!

Jarrod de Jong
Founder/Director

jarrod@campgenesis.co.za

Vision & Mission of Camp Genesis

Vision
The vision of Camp Genesis is enriching the lives of teens and adults through the camp experience.

Values
Camp Genesis is a group of professionals who have come together to share their knowledge and experience by developing a high-quality leadership camp for rising high school seniors. The kids who come to us to partake in the camp experience are as different as our team and our programming. Teens become part of a sharing community as a result of what we teach, the chances we provide, and the example we set.

We cherish the world, the people who live in it, and the contribution that each individual can make as an organization. These are concentric circles, not independent values. The values that are essential to us as a company are the same values that we try to impart in the youth we work with.

Contribution
We believe the camp experience is critical to every child's development and education. As a leading authority in child development, we contribute by working together to promote and articulate our leadership programs. We make a difference in the lives of the children and adults who participate in our programs, as well as their families and communities, and we encourage them to make a difference in the lives of those around them.

People
We believe in each and every teen who attends camp. We exist because of them. We teach youths to respect their uniqueness and to understand and accept their role in the greater community by encouraging excellent child development and cooperating with parents. Self-esteem, character, courage, responsibility, resourcefulness, and teamwork are all skills that we help teenagers develop. High-quality camp experiences help teenagers develop the healthy emotional and social skills they need to mature into strong, thoughtful, and capable adults.

The World
As stewards of our natural and man-made environments, we think that each of us has a critical responsibility to play. By instilling in them an appreciation for, respect for, and concern for the natural environment, we help young people develop into responsible members of society.

Mission
The mission of Camp Genesis is to provide every camper with the resources and experiences necessary to reach their full potential.

Testimonials

The Value of Camp Cultural

Making Memories

"Camp has impacted and changed my life so much it is hard to think of what I would be like as a person without it. Nothing (and I mean nothing!) could have prepared me for how much the kids and other counselors at camp would impact me, it is something that I will never forget. Camp has now changed into such a HUGE part of my life and changed me as an individual.

As much as camp has impacted my life, I would like to think that it impacts the lives of other campers as well. A major benefit was making friends from different walks of life, connecting with them, learning from them and making incredible memories. I genuinely believe in the positive impact of the cultural exchange that takes part at camp, not only has the experience changed me as a person but it has helped me to better interact with others that I work with." – Susann Grobler

Truly Life Changing

"Plain and simple, my life would not be the same were it not for the camp experience. As a 16 year old boy, who had grown up in an insular community, the prospect of spending a week at camp with other teens I don't know provided me with an opportunity to truly broaden my perspective on life. Having lived in what can only be described as a bubble for the 16 years prior to my first camp experience; I knew that my life would never be the same again.

Raised as an 'NG Kerk' boy in the heart of a tough, working-class neighbourhood, joining a holiday youth camp was as culturally-unique and educational as anything I had previously experienced in life. From the very first minute I stepped onto camp, I was enriched and challenged in ways that would shape my perspective on life forever. The truly diverse community at camp introduced me to people with ideas, beliefs and behaviours that enhanced and improved my own principles - and I'd love to think they learned from me as well.

I am a better person and considerably more open-minded due to the impact camp and subsequent cultural experiences have had on my life." – Eben Geldenhuys

The Best Thing I Ever Did!

"There can be no better learning experience than living within a camp culture and discovering new ideas and approaches to life. The team building techniques that you acquire by working with people from other places are immense and doing it within a leadership programme enables quality control, a positive perspective and a safety net of protection and support.

My camp experience gave me a tremendous insight into motivational skills and communication skills. It enabled me to play a fundamental role in helping others to surpass their expectations whilst instilling in me a level of self-confidence and self-belief that I never realised I could aspire to.
I became far more aware of how to develop my own skills and talent, and learnt that personal best and pushing yourself far outweighed simple participation but that this did not mean that competitiveness at the cost of the welfare of others was a price that had to be paid.

The greatest lesson of my camp experience was what I brought back to home, that I was able to share experiences and new found skills with others. Camp life opens up people's horizons and makes them more rounded individuals. I am now the Principal of a High School and the success that I have had has its roots into my camp experience as a teen. It open up doors to me and there is no greater buzz for me now than listening to young people who come back from their camp experience and have the same buzz, enthusiasm and zest for life that I had." – Natalie Smith

A Part of Me

"Fresh air, activities, cultural differences, education, life experience... you can't put a price on these things, an experience away from home, gaining independence and making friends for life. As a camper it prepares you for life away from home comforts, you learn how to be tolerant, patient, understanding, fun and how to make a difference.

In today's digital world we forget how important being outside in the fresh air is, we forget how we can have fun with just our voices and a few pots of pain, we forget how to enjoy each other's company without the aid of technology. Camps reunite us with our inner child and allow us to explore the world of adventure.

I would not be the person I am today if it had not been for my camp experiences during my senior years at school. I would not have the friends I now have for life and I would not have enriched my life with such wonderful days in the sun and rain, being free as only a camp can allow you to be. The camp experience is unique and so important to the independence of the children of today, to discover who they are and better understanding their place in this world." – Hilton Titus

The Best Experience of My Life

A Testimonial by a Camp Counselor

"Working at a youth camp was something that I have always wanted to do and when I got the opportunity, I was so unbelievably excited and anxious about the adventure I was about to embark on. I had spoken to several friends who had previously been to holiday camps and they had all said it would be the best decision I'd ever make.

Any nervousness I felt about being a camp counselor completely disappeared the minute I arrived at camp as we were made to feel like part of the family straight away and were given intensive training into what to expect as a counselor and how to deal with any situation which might arise over the course of the camp session. The staff and program directors were so welcoming and happy to help us with anything we were unsure about. I immediate knew the people around me weren't just going to be a bunch of people I was going to work with; they were going to be friends that I would keep in touch with for the rest of my life. You don't just spend a week hanging out with each other, you all grow and develop personally and as a team and that isn't something you can experience anywhere else.

I learnt so much from my co-counselors and will never forget the important values and lessons I learnt from being a member of such an incredible family. My experience of being a camp counselor is still something I struggle to put into words; it really is one of the most unique and rewarding experiences a young adult can have. Being able to help and look after an amazing bunch of
campers, help them have the best camp experience possible and watch them grow and develop over their stay at camp was such a humbling experience and really made you feel like you had an impact on that child's life.

Being able to work with people from different backgrounds and experience the camp culture on a daily basis, is such a unique and beneficial experience. I strongly believe this opportunity should be available for more young people for years to come." - Becky

Check In

Each camp begins on the last day of the school term.

The 2022/3 dates for each camp are;

- **Teen Discovery Camp:** Friday, September 30th 2022
- **Eco-Leadership Camp:** Friday, March 31st 2023
- **Teen Leadership Camp:** Friday, June 23rd 2023
- **Teen Discovery Camp:** Friday, September 29th 2023

Check in time is between 12:00 – 13:30 PM. We cannot accept campers who arrive without the written release of their legal guardian. We will be travelling with two busses, with one driver each, to Camp Genesis. Please be ensured that the bus is equipped with seat belts for your child's safety and a First Aid Kit.

We will create a WhatsApp group to keep all parents/guardians updated.

Drop-off

Departure is from the car park at Virgin Active, N1 City Value Centre, Goodwood, Cape Town. Campers departing to Camp Genesis must be there before 13:30 pm. Please do not be late, as we cannot keep the bus waiting. The bus journey is approximately 1 hour and 20 minutes long. You are welcome to pack additional snacks and juice for your camper.

Please do not include chewing gum.

Registration

A registration table will at the bus departure point for check in and at the campsite. Here you will meet a counselor who will assist you. They will record your arrival; make sure all of your camper's forms are in order. They will also provide you with the proper luggage tags. **It is mandatory that camper health forms be complete before arrival.** If you have questions about these forms, contact Camp Genesis administration before departure.

Health Check-In

Parents/guardians will have an opportunity to meet and talk with the counselors about any medication, vitamins, allergies or other medical needs a camper may have. If your camper does not take medication, their intake process will be abbreviated to reporting any symptoms Covid-19. **All medications must be in the original packaging or container bearing the camper's full name and prescription.** The Health Officer cannot dispense medicine that has been removed from its original container. All information shared with the counselors is confidential and shared only on a need-to-know basis.

Kitchen Check-In

In addition to reporting any allergies to the counselors, all dietary restrictions, concerns or food preferences should be reported to our Kitchen Staff.

Director Check-In

The Camp Directors will be available for parents/guardians and campers to meet with. All Camp Directors will be wearing Camp Genesis T-shirts/Apparel and nametags, which identify them and their position. This is an opportunity to ask any additional questions they may have.

Pick-Up

The 2022 dates for pick-up are;

- **Teen Discovery Camp:** Saturday, October 8th 2022
- **Eco-Leadership Camp:** Saturday, April 8th 2023
- **Teen Leadership Camp:** Saturday, July 1st 2023
- **Teen Discovery Camp:** Saturday, October 7th 2022

At the end of each camp, check out time is at 10am. Campers will have eaten breakfast and packed their belongings before check out.

Evaluation

At the end of each camp, we ask the camper to fill out a survey evaluating their experience. Feedback is an important way for us to constantly improve our programming. Please feel free to contact us with any questions, comments or concerns that you may have, whether before, during, or after camp.

Return Journey & Pick-up

Campers will return via bus to the car park at Virgin Active, N1 City Value Centre, Goodwood, Cape Town, and will arrive between 11:30am and 12 pm. Please be prompt, as virtually all of our staff are given time off after 1 pm.

WE WILL NOT CONTACT YOU IF IT IS ON SCHEDULE TO ARRIVE BETWEEN THESE TIMES.

Should our schedule be delayed for extraordinary circumstances, we will inform you via our WhatsApp group. Please do not be late to meet the bus. Should you be late, notify us via WhatsApp on 064-231-2129. Rather that you are waiting for your children than your children are waiting for you!

Signing Out Campers

All campers must be signed out with the Registration Coordinators before leaving with parents/guardians. They must retrieve all medications and personal belongings.

Anyone picking up a camper must be listed as one of the camper's emergency contacts and must be prepared to show ID. Failing to follow these procedures will result in significant wait time for the person picking up as well as the camper.

BELOW: An extract from a map of N1 City and the pinned location at the Value Centre in Goodwood.

Discipline Policy

All campers and parents/guardians sign a "Camper/Parent Agreement", which outlines the code of conduct and expected behaviour at camp. These expectations are taken very seriously by Camp Genesis in order to create a safe and fun environment for the benefit of all campers and staff. In the event that a camper does not follow this agreement, and other behaviour management techniques have not garnered improvement, we may have to send that camper home early.

The expulsion of a camper will always be a last resort. Before a camper is removed, the Camp Directors and staff will make every attempt to clearly communicate the problem as well as some clear steps for improvement. The Camp Directors will discuss the behaviour issues with a parent/guardian, seeking insight and including a timeline of incidents and responses. If unacceptable behaviour continues and a decision for removal is made, the parent/guardian will be notified immediately. The Camp Directors will also follow up with a letter stating what actions were taken and why. The enrolment fee for the current camp will be forfeited.

If a camper becomes dangerously belligerent or displays threatening violent behaviour toward any person at camp, staff is to immediately contact a Camp Director and the local authorities will be called. Camp Genesis does not train staff in physical restraint and if such a level of behaviour management is necessary it is our policy to turn the camper over to the authorities. The Camp Directors will work closely with the staff and counselors to try to help all campers have a successful and enjoyable camp experience. Hopefully, no campers will be sent home, but if it needs to happen then the decision will be made with input from those working closest to the camper.

If the camper's parent/guardian does not respond to Camp Genesis' attempts to contact them, and no transportation has been arranged within 12 hours, Camp Genesis will make arrangements to transport the camper to the home address listed on the camp application form. We will then bill the parent/guardian for travel expenses related to the transportation. If, upon arrival at the camper's home, no one is available to whom the camper is authorized to be release, local authorities will be alerted and the child will be turned over to the custody of child protection agents.

Communication & Emergencies

Camper Confidential – What you can tell us.

Any problems that your child may be having at home could affect their behaviour at camp. Please inform us of any important information such as a recent move, divorce, new school, etc. so that we can be sensitive to your child's needs. Additionally we encourage you to give us as comprehensive a picture as possible on your camper confidential form. Details are just as important as big picture items and the more we can get to know your child before they arrive, the better. Any information of a confidential nature will be shared on a need to know basis only. That being said, we are neither equipped nor staffed to work with special needs children, children who need constant one-on-one support or have great difficulty in managing their behaviour in a group setting. Camp Genesis facilities is likewise unable to meet the needs of mobility limited campers.

Confidentiality

Camp Genesis respects the rights of each family to privacy and confidentiality regarding health, behavioural and developmental records and information regarding their child. Maintaining the confidentiality of verbal information and written records is a basic ethical policy of Camp Genesis.

Illness / Accidents / Emergencies

If your camper is exhibiting any signs or symptoms of illness prior to coming to camp, especially vomiting, diarrhea, or head lice, please be considerate to others by keeping your camper at home. Consult a physician to determine if your camper's symptoms are contagious. We will still welcome any symptom-free camper who arrives late!

If your camper becomes ill during camp, they will be assessed by the Health Officer, separated from the other campers and offered a quiet, private bed to rest on in our Health Hut. If a camper is injured, first aid will be administered and a note will be made in the camper's health log. In addition to our Health Officer, all Camp Genesis staff is trained in Red Cross Basic First Aid. There are also staffs that are trained in CPR. If there is an illness or injury which requires prescription medicine or further analysis, a staff member will transport the camper to an Urgent Care facility. Parents/guardians will be notified of minor incidents when they pick up their camper. Any incident involving vomiting, head injuries, an overnight stay in the Health Hut, or off site medical attention will warrant an immediate phone call to parents/guardians.

If the parent/guardian cannot be located, the camper's emergency contact will be notified. Parents/guardians may be asked to pick up camper's early if their injuries or symptoms do not improve within 48 hours.

Contacting Your Camper

While we do not allow campers to have cell phones during daily activities and programs, however, we do allow them access to their cell phones in their down time for daily communication with parents.

As a general rule, we discourage campers from making unnecessary phone calls.

We think that being unplugged is a great way for our campers to really learn about themselves and their interests! We also create a WhatsApp group for parents with information daily about camp activities with plenty of pictures to allow you to see what fun they are having here at camp.

When will you receive a call from the Camp Genesis staff?

- To inform you if your camper is at risk of being sent home, you will have a chance at this point to speak with your camper about their behaviour.
- If your camper was in the health center overnight, vomiting, or taken to Urgent Care or the Emergency Room.

If any family needs to contact the camp or their child because of a personal emergency, we can be reached 24 hours a day, 7 days a week. We recognize that, as loving and caring parents, you miss your children, but we have found that, often, telephone calls are counter-productive to the camp experience. One of the major benefits of camp attendance is for your child to gain independence. This can only happen when there is some separation between parent and child. Being in constant contact with your child will inhibit this. The leadership staff at Camp Genesis are always available should you have any questions about your child's camp experience.

As the camp is very spread out, it is difficult for us to reach your camper if you attempt to call them in case of an emergency. Email is also the best way to contact camp directors as they are supervising and engaging in activities and meetings throughout the day and may miss a phone call.

Please, do not arrive unannounced to visit your camper during the camp session. Camp Genesis must approve all visitors in advance to ensure the safety of all campers.

E-mail: camperapplication@campgenesis.co.za
(Please remember to put your camper's name in the subject line)

Social Media

It is beyond the capabilities of Camp Genesis staff to monitor Facebook, Instagram or any other social networking sites and apps. Though all staff is trained and committed to maintaining appropriate boundaries with campers, Camp Genesis does not take responsibility for outside communication between campers, parents and/or camp staff outside of camp.

Child Protection

Legislation concerning mandatory reporting of child abuse in South Africa has been in effect since 2010, with the promulgation of amendment 41 of 2007 to the Children's Act of 2005.

The South African Children's Act defines a child as a person under the age of 18 years.

The Children's Act requires the reporting of child abuse and neglect by certain persons (called mandated reporters) and permits the reporting of child abuse and neglect by certain persons. The Child Protection Law includes the legal requirements for reporting, investigating and responding to child abuse and neglect. This document is to assist mandated reporters in understanding their responsibilities under the Child Protection Law.

For copies of the South African Children's Act, please go to:
https://www.westerncape.gov.za/text/2010/12/childrens.act.final_regulations26_jan_2010.pdf

As a youth care facility, each Camp Genesis staff member is a Mandated Reporter. This means that they are required to read and sign a statement clearly defining child abuse and neglect in accordance to government regulations and outlining the staff member's personal responsibility to report all incidents of child abuse or neglect according to law.

What must be reported?

- Ill-treatment or injury – that is deliberate, or nutritional deficiency
- Child labour or contraventions of the provisions of the Basic Conditions of Employment Act, 1997
- Abuse causing physical injury, sexual abuse and deliberate neglect – who on reasonable grounds concludes… Must substantiate this belief [110 (3) (a)]
- Any Sexual offence against a child
- Any offence relating to child pornography – knowledge or reasonable suspicion
- Any form of abuse – reasonable suspicion

Mandatory Reporting Provisions (by Childline South Africa)

Should you suspect child abuse at Camp Genesis, a report of suspected child abuse must be made to the Western Cape department of social services or the police.

Tips for New (and old) Campers

As a parent/guardian, emphasize that your child is getting to go to camp, rather than being sent to camp.

While trying to paint a promising picture of camp, remember to discuss some of the not so glamorous realities of rustic outdoor living. There should be no surprise when a child discovers their name on the chore chart, a spider as a roommate, or that a trip to the outhouse may be a bit of a hike in the dark. They should likewise be prepared to try different kinds of food at camp.

If your camper is coming with a friend from home, remind them that camp is a great opportunity to make new friends as well. While existing friends offer a support system, new friendships are a wonderful and important part of the full cooperative camp experience.

Homesickness symptoms may occur, especially if this is your child's first time away from home. Speak openly about it before camp. Homesickness is natural. Once this is understood your child may accept homesickness with less anxiety.

Try to avoid such statements as "if you don't like camp you can come home." Campers who have a tough time adjusting to camp tend to compound the problem by closing their minds and focusing immediately on going home. Encourage your camper to apply his/her self and to ask counselors for help and guidance. Develop a strategy or timeline for what to do when they feel low. Some campers are easier to read than others and we want every child to get the attention they require.

Heighten your child's interest by pointing out some of the things you remember about your "away from home" experiences. Try to be positive about how you were able to handle being away from your family. Tell stories of the friends you made.

Camp Genesis hosts a 'Talent Show' on the final day of a camp week. Encourage your camper to bring or consider something from their "regular life", whether it be a poem, a story, a song, a dance or a trick, that they might be excited to share with the all the other campers. We've had everything from language lessons to juggling to staring contests! All skills are welcome.

Camp Genesis also hosts a 'Dance Party' on the final day of a camp week. This is a fun opportunity for campers to dress up. They may choose to wear fancy clothes, silly clothes, or a costume. No one is required to dress up, but any camper who enjoys dressing up should come prepared with a special outfit.

Camp Rules

The basic rules for Camp Genesis are no drugs, alcohol, or promiscuity. Violent behaviour is not tolerated, and general good manners must be extended to team leaders, fellow campers, counselors, staffs and to everyone that we come into contact with.

Campers are to remember:

- Be responsible for belongings
- Be on time for all scheduled activities
- Always tell a team leader when you check in or out
- Always tell a team leader when you are going to use the bathroom
- Confine eating to lunch and snack times
- Always be courteous and cooperative
- Foul language or verbal abuse will not be tolerated
- Any form of physical fighting will not be tolerated
- Play safely and use good sportsmanship
- Always stay with your team and team leader
- Be quiet during quiet time - a good rule is to rest and relax
- Take rules seriously during activity times and field trips
- Report anything wrong (e.g., broken toilet, burned out light, etc.) to the team leader
- Leave money and special items at home
- Wear sunscreen every day!
- Most important of all: HAVE FUN!

On a field trip, campers are to remember:

- Wear and also bring sunscreen
- Campers will walk together to the bus and wait at the door
- Campers will enter the bus in an orderly line when the driver or the leader directs them to do so
- Walk only when entering, leaving, or moving through the bus
- Hands, books, and personal belongings must stay inside the bus
- Nothing shall be put outside the windows of the bus
- Windows shall be opened only with the permission of the leader or driver
- The bus shall not be littered in any way
- Campers must stay with the team at all times
- Campers must stay with the adult they are assigned to at all times
- Campers will be expected to follow the special rules of the site being visited (reviewed before each trip)
- Campers will not use bathrooms without leader's approval
- Horseplay, fighting, and profanity will not be tolerated
- Any campers experiencing behavioural problems on a field trip may be excluded from the next field trip or from the Camp Genesis program all together
- All campers must wear Camp Genesis T-shirts on every field trip!

Packing List

Important Notes:

1. **NEW CHANGES** Please take the time to go through this latest check list very carefully. Past campers please take note as our list is updated regularly.
2. **PLEASE BRING EVERYTHING** Please tick off EVERYTHING on the check list. Campers are not able to enjoy their week if they don't have everything they need!
3. **HOW MANY CLOTHES TO PACK?** You need to pack enough clothing for 8 days.
4. **PACK WITH YOUR CHILD** If a parent is packing please make sure your child knows exactly what s/he has in the bag. Some claim that they don't have certain items but they just didn't know it had been packed. We suggest you actually include the check list in your bag so your child can use it when packing to go home.
5. **VALUABLES** Camp Genesis is not responsible for any damage, wear or loss of personal property. Parents please check your insurance policy to ensure your child's personal property is covered against loss, theft and damage while away. We recommend that valuable items be left at home. THIS IS IMPORTANT. Despite all our best efforts, stuff does go missing. We would hate you to lose something expensive.
6. **KEEP IT CASUAL** Please do not pack fancy and/or expensive clothes. They will probably not come home the same – or at all. There is a dance at the end of the week for which you might want one nice outfit but other than that, keep it casual. You will be doing things like muddy obstacle courses – OLD clothes are best! Any lost property not claimed will be donated to charity.
7. **LABEL EVERYTHING** Parents, please ensure that all items are clearly marked with your child's full name. If an item is discovered without a name, we reserve the right to write your child's name on the item with a black permanent marker. This may damage the item, so please rather label it yourself!
8. **PLEASE DO NOT COME TO CAMP SICK** If your child is suffering from a contagious illness, please do not come to camp. These germs spread rapidly and end up spoiling the holiday for everyone.
9. **VERY IMPORTANT STUFF** Best packed together in the small separate Day Bag on the arrival day. The following items will be handed in on the first day for safekeeping. Please make sure that your child knows where they are, and they are easily accessible for first day hand-ins – we suggest you use the day bag.
    - **Emergency Meds (2 sets)** - Please pack two sets of any prescribed allergy or chronic medication (eg: asthma pumps, cortisone or Epipens) even if not used recently – this is a highly pollinated area. One will go with your child in the day bag and the other will be kept in the Health Centre. Please ensure each set of emergency meds is packed in a clear ziplock bag. Dosage and details to be provided on the Medication Form.
    - **Prescribed Meds** - Clearly marked with child's name (handed into the Health Centre). All children on medication for ADD or ADHD MUST bring appropriate medication even if they don't normally take it on weekends/ holidays for emergency use. Please provide full dosage and directions on the Medication Form.
    - **Medication Form** - Completed with all details of all medication brought to camp. It is vital that we have full information provided to us about the dosage and directions for the medication.
    - **Medical Aid Card** - To speed up emergency hospital admissions. Pack with the emergency meds, or prescribed meds if brought.

List for Packing:

- ✓ Clothes that can get dirty
- ✓ 8 pairs of socks & underwear
- ✓ 2 pairs of long pants or jeans
- ✓ 1 set of semi-formal clothes (dance)
- ✓ 1 set of clothes to drive home with
- ✓ Warm clothes, sweaters, jacket & tracksuit pants
- ✓ Rain jacket
- ✓ Closed shoes like tekkies
- ✓ Flip flops or sandals
- ✓ 2 Swimsuits (girls one piece; guys no Speedo's)
- ✓ 2 towels (swimming & bathing)
- ✓ Toiletries (Soap, shampoo, toothbrush, toothpaste, etc.)
- ✓ 1 Roll toilet paper
- ✓ Hat / Cap & sunscreen
- ✓ Water bottle - 500 ml
- ✓ Bowl, plate, mug, glass, bowl, knife, fork, spoon, teaspoon & cutlery bag
- ✓ Small dishwashing liquid, dishcloth & sponge
- ✓ Own bedding (single fitted sheet, sleeping bag & pillow)
- ✓ Hand sanitizer & wet wipes
- ✓ Insect Repellent, if you are scared of bugs
- ✓ 2 refuse bags (one for wet clothes)
- ✓ A5 Notebook & pen
- ✓ A good novel to read
- ✓ Cell phone & charger
- ✓ LED Head Torch / flashlight

- ✓ **Signed indemnity forms** - No form, No camp!!!

- **Optional:** music instruments
- Expect clothes to get dirty and stained.
- We are unable to provide laundry for campers. Bring enough for the entire camp duration.
- **Leave at home:** Alcohol, cigarettes, drugs and any valuable articles / jewellery