

STUDENT HANDBOOK



WHAT TO BRING

- Lunch and snacks for the first day
- Sleeping bag
- Fitted Single Sheet
- Pillow & slip
- Toiletries
- Towel
- Plastic bags for dirty clothes/shoes
- Pyjamas
- Shorts
- Long pants
- Jumpers
- T-Shirts
- Bathers & rash vest
- Socks and jocks
- Waterproof Jacket
- Enclosed toe shoes/runners
- Water shoes (e.g. crocs)
- Drink bottle
- Day pack for activities
- Sun hat and beanie
- Sunscreen and Insect repellent *Not aerosol spray
- Medication (if needed)
- Torch

WHAT NOT TO BRING

- Best clothes
- Valuable items
- Jewellery
- Technology (phones/tablets)
- Aerosol spray cans**

ALWAYS BE PREPARED FOR ACTIVITIES

Always be Prepared

TREE CLIMB/HIGH
ROPES

- HAT
- WATER BOTTLE
- LONG PANTS
- ENCLOSED SHOES

ALL OTHER ACTIVITIES

- HAT
- WATER BOTTLE
- ENCLOSED SHOES
- APPROPRIATE CLOTHING

SNORKELING/BEACH/
SURFING/POOL AREA

- HAT
- WATER BOTTLE
- TOWEL
- SUNSCREEN
- THONGS (OPTIONAL)
- WEAR SWIMMERS
○ UNDER CLOTHES

CANOEING/KAYAKING

- HAT
- WEAR OLD
○ CLOTHES/SWIMMERS
- OLD SHOES/WATER SHOES

+ IF OFFSITE

- TOWEL
- SUNSCREEN



EXAMPLE MENU



SAMPLE MENU

BREAKFAST 7:30-8:30AM

**JUICE (APPLE/ORANGE)
MILK & CEREALS (WEET-BIX, RICE BUBBLES, CORN FLAKES & JUST RIGHT)
TOAST & SPREADS (MARGARINE, STRAWBERRY JAM, HONEY & VEGEMITE)
HOT BREAKFAST COMPONENT E.G. SCRAMBLED EGGS & HASH BROWNS**

MORNING TEA 10:30AM

BANANA & CINNAMON CAKE WITH FRUIT BOWL (APPLES/BANANAS)

LUNCH 12:30-1:30PM

**WATER JUGS
WARMED SHREDDED CHICKEN & SALAD WRAPS W/MAYO**

AFTERNOON TEA 3PM

COOKIE SLICE WITH FRUIT BOWL (APPLES/BANANAS)

DINNER & DESSERT 6-7:15PM

**CORDIAL JUGS
NACHOS - MEXICAN MINCE WITH THE LOT!
BROWNIE ICE CREAM**

COFFEE, TEA & BISCUITS AVAILABLE AT ALL TIMES FOR TEACHERS

SITE MAP



PICTURES



THE POOL/BASKETBALL COURT/GAGA PIT



BEDROOM
EACH ROOM HAS 4 SINGLE BUNK BEDS



BIRDS EYE VIEW OF VERTICLE CHALLENGE & CRATE STACK

CRATE STACK



BEACH WALK



TREE CLIMB



CANOEING



BOAT TOUR TO CHINA MANS HAT

**SNORKEL THEORY ONSITE BEFORE
SNORKELLING OFFSITE IN THE OCEAN**

