



**Canberra High School**  
— ESTABLISHED 1938 —

## Year 7 Camp

Jindabyne Sport and Recreation Centre, NSW

Dear Parents/Carers,

The Year 7 Camp will be held next week, Wednesday 19th-21st of February

Some families still need to complete the forms required for student to camp.

Attached is the ACT Excursion Medical Information and Consent Form. This form needs to be completed and returned to school.

The second form is the NSW online Medical and Consent form. The link and booking details you need to access the online form are on the separate email attachment. This form allows information relating to medical, dietary and other special needs for students, to be sent straight to Jindabyne Sport & Recreation Centre.

Enclosed is also a list of suggested items to pack for your child, as well as prohibited items. This list comes directly from the Jindabyne Sport & Recreation Centre website.

Should you have any questions or concerns, please feel free to call or email us or your child's ACE teacher.

Please ensure camp payments are finalised prior to students attending camp.

Kind Regards,

James Czarny & Kaye Mees  
Year 7 Coordinators



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## What to pack

### Luggage

There is a limit of one piece of luggage, a sleeping bag and a small day backpack per child. These should be clearly marked with your child's name, address and phone number.

Remember, your child will have to carry their own luggage so it's good to make sure it's not too big or too heavy.

### Checklist

Please label all clothing, towels and sleeping bag with your child's name.

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| <ul style="list-style-type: none"><li>• Shorts and t-shirts (no singlets, sleeveless or midriff tops)</li><li>• Jeans</li><li>• Jumpers and tracksuit pants</li><li>• Socks and underwear</li><li>• Raincoat</li><li>• Pyjamas</li><li>• Sunscreen, sun hat and sunglasses</li><li>• One pair of running shoes</li><li>• Toiletries, soap, lip balm and insect repellent (no aerosols)</li></ul> | <ul style="list-style-type: none"><li>• One towel</li><li>• Pillow, sleeping bag or doona and two single flat sheets</li><li>• Day backpack</li><li>• Paper, pens or pencils</li><li>• Plastic bags for dirty or wet clothes</li><li>• Medication (if required)</li><li>• Handkerchief or tissues</li><li>• Water bottle</li></ul> |
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### What not to bring

Any food containing nuts

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and other electronic devices
- Lollies or chewing gum
- Jewellery
- Anything valuable (Sport and Recreation takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items)

### Prohibited

Drugs, cigarettes and alcohol are not allowed at camp and any student found using or in possession of these items may be removed from the Centre. Students found in possession of illegal drugs will be reported to the police immediately.

Further information can be found at <https://sport.nsw.gov.au/facilities/kidscamps/parent>

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