

**RAUMATI SWIMMING CLUB INC. - 2020 CAMP KIT LIST**

This list is not exhaustive and is provided as a reminder to assist you in packing for camp. Not all items are compulsory.

**\*\*\*Each family to please bring a good sized batch of home baking for sharing for morning and afternoon teas; thank you.  
To be given to camp management on arrival.\*\*\***

**\*\*\*Please note, the fruit break during training sessions will not be on offer. Instead, swimmers are to bring their own healthy and nutritious snacks for such times. Furthermore, you will need to provide your own hydration sports powder and sunscreen (preferably SPF 50, but SPF 30 as a minimum).\*\*\***

<b>TRAINING KIT</b>	<b>TICK</b>
Backpack for carrying gear to and from pool	
Togs (preferably 2-3 pairs)	
Towel	
Goggles (x2)	
Caps	
Gear Bag (fins, paddles, kick board)	
Drink Bottle	
<b>CLOTHING (enough to last the week)</b>	
T-shirts / Tops	
Shorts	
Jeans	
Warm Sweatshirts	
Warm Pants	
Waterproof Jacket	
Socks	
Underwear	
Nightwear	
Shoes - suitable shoes for walking to and from the pool, jandals/scuffs, running shoes	
Sunhat	

<b>BEDDING (to make up a single bed)</b>	<b>TICK</b>
Pillow	
Undersheet	
Duvet or Sleeping Bag	
<b>MISCELLANEOUS (valuable items are brought at your own risk. Please leave them at home if they are not essential items)</b>	
Medication (to hand into camp management upon arrival)	
Toiletries	
Sunscreen (preferably SPF 50, but SPF 30 as a minimum) / Insect Repellent	
Towels x4	
Camera	
Playing cards, board games, reading material etc.	
IPOD	
Sports equipment (NB. basketball hoops and ping pong table available, bring bats and balls)	
Cellphone (misuse may result in confiscation)	
Sunglasses	
Earplugs	
Scooters / Skate Boards / Basketball etc.	
<b>***PLEASE ENSURE ALL ITEMS ARE NAMED***</b>	
<b>FOOD PROVISION</b>	
A good sized batch of home baking to share for morning and afternoon teas (to hand into camp management upon arrival, thank you)	
Snacks - you may bring your snacks but they are to be healthy snacks stored in a named plastic container in the Kitchen (to ensure no mice or ants find their way to your rooms)	
Snack-bars and hydration sports powder for the pool or instant recovery foods for post training	
Special cereals - a range of everyday cereals is provided (ie. Weetbix, cornflakes) however if you want anything else, please bring your own, named	
Special spreads - these are also provided (ie. jam, peanut butter, honey) however if you have special needs, then please bring your own, named	
<b>**Please make sure you have eaten lunch before your arrival at camp from 3.00 pm**</b>	