



Take me to the River!

Helpful information about the 7 items needed for swimming and water activities at camp.
Sun-Safety | Suitability | Comfort

Swimmers - & T/Rash Shirt and Shorts

- Please also bring a T or Rash Shirt and Shorts to wear over the swimmers.
- Rash shirts are good for swimming as they are quick dry and lightweight...
- however, consider a long-sleeved shirt with a collar for canoeing for added sun protection.



Sunglasses

- A good idea to have at camp for sun protection and to minimise glare.
- Please don't bring a designer pair though!

Shoes

- Please bring 2 pairs of shoes to camp – 1 for land and 1 for water activities.
- Water shoes are ideal as they are designed to be snug fitting and lightweight when wet.
- Otherwise old runners or cheap pull-on canvas sneakers are also good.



Sunscreen

- Sports, 50+ protection is best.
- No aerosols please.
- White or coloured zinc for noses and ears is fun and offers extra protection.
- For a fun and helpful video from the Cancer Council - [Click Here](#)

Sun Hat

- A broad-brimmed or bucket hat is best.
- Caps really don't adequately protect ears and neck against the sun.
- Small bandanas or 'Buff' style headbands that can be wet and put around your head or neck are helpful for cooling and keeping sweat and sunscreen out of your eyes



Towel

- A small, lightweight travel towel is ideal.
- Or a small bath/baby towel that doesn't take up too much room.

Bottles

- Ensure bottles are leakproof and won't crack or squash.
- Refer to the Equipment List (found in your Confirmation email) for details on how many Litres are required for your specific program

