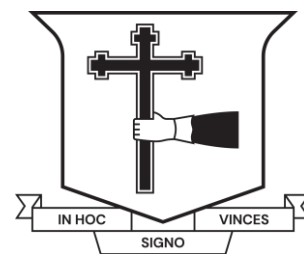


IONA COLLEGE

A Catholic Boys' College conducted by The Missionary Oblates of Mary Immaculate



IONA PRIMARY CAMPS - STUDENT PACKING GUIDE

IT IS IMPERATIVE ALL ITEMS ARE CLEARLY LABELLED

 **Medication** – Students with prescriptive medication are to place it in a labelled plastic zip lock bag with detailed directions. Medication should be in its original packaging with a pharmacy label. Please only provide the amount of medication needed for camp. When students arrive to school for their camp, they are to hand the medication to either their teacher or the nurse.

Please note that in accordance with Iona procedures, Schedule 4 and 8 medications will be required to be taken to the HWC the week prior to camp. Iona Nurses will be in contact directly with those families required to do this.

 **Footwear** – Students will need two pairs of enclosed shoes. One comfortable pair for outdoor activities and another pair of shoes that can be worn inside the lake. Also, thongs or crocs are highly encouraged to have when walking around the cabins, in the shower, and in the activity and dining halls.

 **Clothing** – Students need to wear comfortable, practical clothes for multiple days completing activities outdoors. Warmer clothing is also recommended in the event of cooler weather. Don't forget swimwear & PJs.

 **Raincoat** – It is encouraged all students have a raincoat as most activities will continue during any light rain.

 **Plastic bags** – With the students participating in water activities, plastic bags are a good idea to hold any wet/dirty clothes.

 **Sun protection** – Students need to be very sun conscious during the camp. 2 x wide brimmed hats are ideal as one may get wet. Access to their own sunscreen is important.

 **Insect repellent** – Students will be participating in both bush and lake activities so protection from mosquitoes and midges is essential.

 **Bedding** – Students are provided a single bed and mattress. They will need a pillow and appropriate linen (a bottom sheet and a sleeping bag are ideal).

 **Water Bottle/s** – Suitable and big enough water bottle/s. When going on some activities they will not have access to taps to refill for a few hours at a time. Thus, the bottles will have to hold enough water to last this time.

 **Towels** – 2 x towels; one for the lake and one for the shower.

 **Backpack** – To hold water bottle/s, raincoat, sunscreen, towel, mosquito repellent, etc.

 **Books/cards/handball** – At some stage they may be given some free time. Some students may want to use this time to just relax with a book or play cards with some friends.

 **Toiletries** – Toothbrush, toothpaste, soap, etc.

STUDENTS DO NOT NEED:

 **Food/Snacks/Lollies** – The students get fed incredibly well and do not need to take any of their own food. Also, food in bags may attract unwanted wildlife guests into cabins.

 **Mobile Phones/Smart Watches** – If a student needs to contact home, they will need to go through the staff.

 **Torch** – Students do not need a torch/head torch as the campsite is incredibly well lit at night-time.

 **Cutlery/Crockery** – All mealtime requirements will be provided by the campsite.