

# Sports Camp

For sports camp you will need:

**A packet of biscuits or a box of muesli (energy) bars.**

- Mouthguard – This is compulsory for hockey and rugby, no mouthguard NO PLAY!!!!!!.
- School uniform to be worn to camp **(do not come to school in mufti)**
- P.E uniform **(if you have two sets, please bring it to camp)**
- Pillow, sleeping bag or duvet
- School jacket or a plain navy or black jacket
- Mufti clothes for evenings and downtimes
- Swimwear ( no two piece swimsuits)
- Towels
- Sports shoes and equipment i.e. Shinpads, rugby boots, touch shoes, other protective gear are optional, as is your own sporting equipment.
- Toilet bag (no makeup)
- **Don't forget it may rain during sports camp, so please make sure you have enough clothes to cover the week.**

## **Do Not Bring!!!**

- Any electronic devices – ipods, mobiles, etc.
- Lollies or fizzy drink (as per school rules)
- Any money (there is nothing to buy)
- Chewing gum
- Mobile phone (parents please contact me if this is a problem, I don't want to be responsible for phones if they are stolen. I

will have my phone on me or you can phone the venue.)

Sera Clayton 021 2157707

School rules still apply, so you figure out what you should bring and be prepared to have things confiscated if you are not allowed them.