

PACKING INFORMATION



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OUTDOOR & WATER GEAR

Sunblock (high SPF)
Sunhat / cap
2 x Swimming costumes
Swimming towel
Slip slops / sandals
Wetsuit (optional)
Water polo costume (optional)



FOOTWEAR

Walking shoes (for hikes and outdoor activities)

Casual sneakers (daily use)

Clothing

7 x Daily outfits (shorts, T-shirts, etc.)

1 x Warm jacket (for chilly evenings)

1 x Waterproof jacket or windbreaker (if available)

2 x Sets of pyjamas

Underwear and socks for 7 days (+ extras recommended)



SLEEPING & PERSONAL ITEMS

Sleeping bag

Bath towel

Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant, hairbrush, etc.) Small bag for dirty laundry



OPTIONAL BUT RECOMMENDED

Reusable water bottle

Book / quiet-time activity

Torch / headlamp (with batteries)



DO NOT PACK

Cash

Electronics (besides 1 mobile phone – see phone policy)

Jewellery or valuables

Junk food (snacks are provided)

Any prohibited items (vapes, alcohol, etc. – see rules)

