



# IMPORTANT NOTES FOR PARENTS

1. **THANK YOU!** We are so excited that your school has planned a camp to First One Adventures this year, and that you have given consent for your child to join us. We know that they are going to have a fabulous time and ask that you try and relax while they are with us and try not to worry too much.
2. **CODE OF CONDUCT:** Please note that all our young guests are expected to follow our code of conduct, explained in detail on the arrival day. These include strict prohibitions against
  - smoking, alcohol and drugs.
  - Bullying of any sort (emotional or physical)
  - Physical contact between male and female campers. *If you are a parent of a senior camper and think your child might have different expectations, please advise them of our regulations before hand.*
3. **PLEASE DON'T SEND CHILDREN ON Camp IF THEY ARE ILL** If your child is suffering from a contagious disease, please do not come to camp. *Diseases spread rapidly in the bus and the cabins and end up spoiling the camp for everyone.*
4. **IMPORTANT NOTES TO READ BEFORE PACKING:**

## **Remember to label everything**

- Please pack everything. Please make sure that your child has everything on the packing list. We have made an easy tick list to make it easier. Your child will not be able to enjoy their camp if they don't have everything they need. Extremely important to pack is the day bag, with everything that it needs to contain:
- Pack with your child. If you are packing for your child please make sure s/he knows exactly what s/he has in the bag. Some kids claim that they don't have certain items but they just didn't know it had been packed. Even think of including the packing list in your bag so your child can use it when going home.
- No valuables: First One Adventures is not responsible for any damage, wear or loss of personal property. Please check your insurance policy to make sure that you child's personal property and equipment is covered against loss, theft or damage while away. We recommend that valuable items be left at home. **THIS IS IMPORTANT.** Despite all our best efforts, stuff does go missing. We would hate you to loose something expensive.



- Keep it casual: Please do not allow your child to bring fancy and/or expensive clothes. They will probably not come home the same – or at all. There is one party for which your child might want something smarter but other than that, it needs to be casual. Your child will be doing things like muddy obstacle courses – they need OLD clothes.
- LABEL EVERYTHING All items must be clearly marked with your child's full name. WE DON'T WANT ANY MORE LOST PROPERTY. Any lost property that is not claimed at the end of the camp will be donated to charity.
- What not to bring: CELLPHONES, VUVUZELAS, PENKNIVES OR CHEWING GUM. We do not allow cell-phones at First One Adventures. They disrupt the program, are costly little items and inhibit your child from focusing on the present, having fun and making new friends. Vuvuzelas are just too noisy for our feathered friends, game and neighbors. And no knives or chewing gum for obvious reasons.



## CHECK LIST: EVERYTHING TO PACK FOR THE CAMP

### **Stuff to wear:** (Bring enough for the camp as no laundry will be done)

- Shorts** (girls: shorts are far more useful than skirts)
- T-shirts and long-sleeved shirts** Luxury Holiday Resort for Children & Teens
- Underwear & sleepwear
- Warm clothes** Even summer evenings can be cool. Pack more warm stuff for cooler months
- One smart outfit for party night
- Day Bag (small bag or back pack) *Big enough to hold all the stuff that you will need each day (everything in this section) but small enough to carry around easily.*
- Sunstick *This is the only protection that works to avoid burned faces. It won't run in your eyes, its easy to carry, fully water proof and sticks like crazy*
- Bathing suit and swimming towel
- Peak or sunhat** All children have to wear hats outdoors
- Water bottle
- Sun block lotion** At least SPF30. You need enough for regular reapplications **EVERY** day – **at least 450ml!**
- Strops or flip flops
- Takkies or trainers** (*compulsory for the ropes courses and skating*)

### **For evenings and bad weather:**

- Sleeping bag** For camp outs and cool nights – even if the camp is not going on a camp out
- Beanie/ Warm hats** For windy days at the beach and evenings around the camp-fire
- Raincoat or waterproof jacket**
- Torch**

### **Toiletries:**

- Bag of personal** Toothbrush & paste, hairbrush, shower-gel, shampoo, deodorant, shaving gear **toiletries** and/or feminine products where appropriate
- Bath towel** (*in addition to a beach towel*)
- Insect repellent** We have lots of mossies here. Please pack a full Peaceful Sleep Spray as it seems to work the best.



## ***Very importantly – medication:***

- Emergency medication (2 sets)
- ADD/ ADHD meds:
- Medical aid card

Please bring **two sets** of any prescribed allergy or chronic medication (e.g.: asthma pumps, cortisone or Epipens) **EVEN IF NOT USED RECENTLY**: One will go with your child in the day bag and the other will be kept in the infirmary.

All children on medication for ADD or ADHD **MUST** bring appropriate medication even if they are not currently taking it (for emergencies). To speed up emergency hospital admissions (handed in to the office) Clearly marked with name and dosage (handed into the infirmary)

- Prescribed medication** *Finally, recommended (optional) extras.*
- Pocket money** We recommend at least R50 per day plus R200 for memorabilia
- Stingose or equivalent** – for mosquito bites
- After-sun lotion
- Pen and paper.
- Ear plugs** - if you are likely to suffer from ear infections with frequent swimming.
- Personal stuff** (optional) like a hair dryer, books, a musical instrument or personal sports equipment. If you are packing a skateboard or Ripstick you **must** bring a helmet, kneepads, elbow-pads and wrist-guards. You will not be allowed to board without protective equipment.