



23/9/16

The Year 3/4 excursion departs Nyngan Public School for Lake Keepit the first Wednesday after the holidays.

Students attending are required to bring:

- A packed morning tea for the first day
- 3 garbage bags (empty) packed in their clothes bag.
- Towels and toiletries (soap, toothbrush, toothpaste, shampoo etc)
- A sleeping bag OR flat sheet and doona. NO LINEN IS PROVIDED. NO swags are to be taken.
- A pillowcase. Pillow is provided although students are welcome to bring their own.
- Clothing – warm – tracksuit etc (it is still cold), shorts and T shirt for during the day. One set of OLD clothes as they will be used for a 'mud run', PJ's, daily change of underwear etc
- Closed in shoes and socks – 2 pair (1 old pair for the mud run and a pair for the remainder of their stay)
- Sunscreen, hat, water bottle that can be refilled.
- Children are permitted to take a maximum of \$20 spending money. If you would like this to be cared for by staff please place it in a zip lock bag with the child's name and amount on the front.

Handy Hint:

Pack the clothes for Thursday in a plastic shopping bag and the clothes for Friday in a different shopping bag. Children will then only be required to take out the bag labelled Thursday / Friday. Pack PJ's separately.

Students will be staying in SUPERVISED cabins. There is no eating permitted in the cabins OR on the bus.

Students are NOT permitted to take a mobile phone. Staff will not take responsibility for cameras or other technological equipment. It is suggested that they are NOT taken.

Please label any medication clearly with student name and directions for administration. Children will be asked to carry their ventolin puffer with them. All other medication must be given to Miss Pearce as they board the bus.

PLEASE ENSURE THAT YOUR CHILD IS MEDICATED FOR CAR SICKNESS (if they experience car sickness) PRIOR TO BOARDING THE BUS WEDNESDAY AND THAT THEY ARE SITTING UP THE FRONT OF THE BUS. PLEASE ENSURE CAR SICK MEDICATION IS PROVIDED FOR THE RETURN TRIP.

<p><u>Activities:</u> Include but are not limited to: orienteering, Keepit Commander (mud run), archery, giant swing, monkey climb (rock climb) and kayaking.</p>
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