Please note: winter is very cold on the mountain.

All belongings should be clearly marked or labeled.

<table>
<thead>
<tr>
<th>Handkerchief or tissues</th>
<th>Optional: camera, binoculars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bandages, for shower</td>
<td>Daypack</td>
</tr>
<tr>
<td>Medications (if needed)</td>
<td>Padded bags for day or week</td>
</tr>
<tr>
<td>Lip balm, Water bottle</td>
<td>Ski / beach towels</td>
</tr>
<tr>
<td>Insect repellent (no aerosols)</td>
<td>Swimming costume and rash</td>
</tr>
<tr>
<td>Sunscreen, Sunglasses, Sunhat and Towel</td>
<td></td>
</tr>
<tr>
<td>Toothbrush, Deodorant and deodorant</td>
<td></td>
</tr>
<tr>
<td>Pajamas, shorts and shirts</td>
<td></td>
</tr>
</tbody>
</table>

Hygiene/Health

DAY

NIGHT

Getting ready for camp

Outdoor Education Centre.

This information pack has been designed to help you prepare your child for an enjoyable camp experience at Southern Cross OEC.

If you have any questions that are not covered in this pack, please contact the school counselor or our office on 4372 1221.

Outdoor Education Centre.
What NOT to bring to camp

- Aerosol cans eg spray on deodorant or insect repellent
- Ugg Boots or slippers are not be worn on activities
- Radio's, MP3 players or the like
- Computer / video games
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Anything valuable
- Your child will NOT need extra money at camp; there are no vending machines on site.
- Nuts or any food item containing nuts or nut products

SOUTHERN CROSS OEC STRIVES TO BE A NUT FREE CAMPSITE
No nuts or nut products are to be brought onto the site.
This applies to everyone... teachers, students, adults and children!

Some examples are:

- MUESLI BARS
- PESTO/DIPS
- NUTELLA
- HAZELNUT SPREAD
- BREAKFAST CEREAL
- CAKES WITH DECORATIVE TOPPING
- CHOCOLATE BARS eg Picnic, Snickers

Meals

Nutritious meals are prepared by qualified chefs and catering staff in a commercial kitchen. If the school notifies us that your child has any special dietary requirements or food allergies, on arrival Southern Cross OEC will provide them with a wristband, identifying them at meal times. A separate meal will be ready for your child. Please ensure that you indicate any special dietary needs on the S-6 Medical Information Form. Special diets are only provided for medical, vegetarians, vegans or religious beliefs. Parents should ensure specific dietary information is brought to the attention of the school prior to camp.

If Southern Cross OEC is not advised of your child’s dietary requirements by the school organiser, prior to the group’s arrival, we cannot guarantee that special meals will be available.

Accommodation

Students will stay in accommodation allocated by the teachers. Food and drink is not to be consumed in the accommodation rooms. Students are asked to keep their room neat and tidy.

Staying in touch at camp

Southern Cross OEC does not have a public phone or facilities for parents to talk directly to their children. In case of emergencies, parents can leave messages for teachers or their children through the main office 8:30am to 4:30pm Monday to Friday.

Southern Cross Outdoor Education Centre, 160 Hensons Road, Somersby NSW 2250
Phone: (02) 4372 1221  Fax: (02) 4372 1282  Email: southerncrossoec@dbb.org.au
Please make sure you put all important medical information on the 5G Medical Information Form.

If your child is prone to bedwetting, please let the teacher know beforehand, so staff can deal with the situation in a discreet and caring manner. Medications all have expiry covers.

Bring their own peak flow meters and keep their inhalers with them at all times.

Asthma Action Plan can be downloaded from www.asthma.gov.au. Children with asthma should have their own plan on file at the school. A copy of the management plan so teachers are aware of what action to take in the event of an attack. A copy of the Mediterranean diet can be downloaded from www.mediterraneandiet.com.au. A copy of the action plan is essential that you provide an asthma.

If your child has been diagnosed by a doctor as having asthma, it’s essential that you provide an asthma.

Child’s medication. You should discuss this with your child’s teacher, who will be responsible for dispensing your child’s medication. You should discuss this with your child’s teacher, who will be responsible for dispensing your child’s medication.

The information you provide on the 5G Medical Information Form allows the school staff to look after your child's health needs at camp. If your child has an injury, please provide full details on this form. Your child should bring their own peak flow meter and inhaler with them at all times. If your child is prone to bedwetting, please let the teacher know beforehand, so staff can deal with the situation in a discreet and caring manner.

Ambulance will be called to transport the injured person with teacher supervision to hospital. If a serious injury occurs while on camp, an ambulance will be called to transport the injured person with teacher supervision to hospital. If a serious injury occurs while on camp, an ambulance will be called to transport the injured person with teacher supervision to hospital.
Southern Cross OEC is an Outdoor Education Centre located in a bush setting and conducts recreational activities in an outdoor environment. Residing at and participating in recreational activities involves exposure to the natural elements, physical exertion on various apparatus and mental challenges, all of which gives rise to both obvious and inherent risks.

The associated risks are minimised by our strong commitment to safety procedures both in training of instructors and throughout the conduct of every individual activity. Notwithstanding our dedication to safety issues, there will always be some degree of risk for participants.

Participation in any of these activities is totally voluntary.