

Flow Camp

What to bring!

Please ensure all items are named

Bedding

- Sleeping bag
- Blanket
- Pillow

Clothing

- Minimum of 2 pairs of enclosed shoes (one for dry one for wet activities)
- 1 pair of jandals or sandals
- Clothing for 4 days - shorts, t-shirts, underwear, track pants, socks
- Jumpers, Beanies, Rain jackets (incase of bad weather)
- Sun hats / Sunnies / Sunscreen
- Togs and Towel
- Pajamas

Dinner wear (All named please)

- Cup
- Plastic or metal plate and bowl
- Fork, spoon and knife (not sharp)
- Tea towel
- 2 packets of biscuits or homebaking

Toiletries / Necessities

- Toothbrush & toothpaste
- Soap, shampoo etc.
- Towel for shower
- Brush or comb
- Medications (if any)
- Torch w/ batteries
- Rubbish Bag to put wet/dirty gear in to bring home
- Insect Repellant
- Sanitary Items for girls

Extras (Not necessary)

- Balls / Bats / Lawn games
- Cards / Board games
- Mosquito repellent
- Book

**Please leave all electronic devices and all valuables at home.
The camp / teacher's phones will be used for emergencies.**

Questions? flow@flowacademy.co.nz