



# Apex Camps Checklist

## Clothing

- Set of comfortable clothing for each day at camp
- Shorts or pants must be minimum mid-high length
- Spare set of clothes
- Tracksuit, jumper/jacket
- Socks for each day including spare socks
- Underwear for each day including spare underwear
- Pyjamas
- Bathers, swimming shirt and board shorts
- Thongs/crocs for shower
- Closed in shoes (sneakers)  
One pair of old sneakers for water/muddy activities (closed in shoes must be worn )
- Insect repellent
- Raincoat
- Hat
- Sunscreen/zinc
- Torch
- Hair ties for long hair
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## Personal Hygiene

- Garbage bags for dirty laundry
- Bath Towel and Beach Towel
- Toilet bag (soap, toothpaste, deodorant, brush/comb, face washer etc.)
- Pegs to hang wet towels swimwear etc.
- Medications & medical instructions (if relevant) – please provide to teachers/supervisors

## Sleeping

- Pillow with pillow case
- Sleeping bag or sheet
- Blanket

## Equipment

- Water bottle
- Small pack or day bag

## Please do not bring

- Skirts – these are not suitable for activities
- Your best clothes or shoes – items worn on camp are likely to get dirty

- Be Sun Smart AT ALL TIMES
- Closed in shoes are a MUST for activities
- Insect repellent must be brought & applied before arrival at camp