

Group Adventure Day

Challenge yourself to a thrilling
adventure!



What should I bring?

Bring your packed lunch, make sure there is enough for morning tea, lunch and afternoon tea.

(No Nuts).

We ask that you wear comfortable clothing which will enable them to safely participate in all program activities. Clothing may get dirty during activities, so it is possible you may need more than one change throughout the day. Clothing should also comply with sun safety guidelines. Participants are required to wear enclosed shoes, such as sneakers.

As a minimum we ask that you bring in a backpack:

- A change of clothes
- Hat (wide-brimmed or legionnaires)
- hair tie for long hair
- Sunscreen
- Water bottle
- Raincoat and warm jacket - depending on weather
- If applicable, medication in original packaging and in a labelled plastic bag with instructions

For days with water activities

- Swimmers (including rash shirt and shorts) and a towel
- Spare pair of closed-in shoes (no thongs or sandals)

Please do not bring electronic devices and remove any jewellery. Phones are allowed but will be required to stay in backpacks during the main activities. The safety of these items cannot be guaranteed and is at your own risk.

