

WHAT TO BRING TO CAMP . . .

What to bring to camp

- Warm Sleeping Bag
- Pillow
- Pyjamas
- Torch (optional)
- Towel & Toilet gear (soap, flannel, toothbrush, toothpaste)
- Changes of clothing including woollen hat (sun hat in summer), Woollen socks, waterproof parka, bush shirt or warm woollen jersey, gym shoes (non-marking soles), gumboots or wet weather footwear, swimming togs and towel.

First Aid

We request that each group bring its own First Aid requirements. Living Springs does have its own first aid supplies and equipment but should be considered as back-up to your own.

Any Living Springs First Aid Supplies used will be charged out on your invoice.

Any accidents/Incidents need to be recorded on an Accident Report form (supplied at check in) and returned to Living Springs' reception.

In the case of an emergency the nearest medical centre is:

Christchurch South Health Centre

163 Colombo St

Phone 332 0108

It has an Accident & Emergency Department and is open Monday - Friday from 8am - 6pm

For after hours emergencies contact the:

24 Hour Surgery, Cnr of Bealey Ave and Colombo St - phone 365 7777; or Christchurch Hospital - phone 364 0640

What **NOT** to bring to camp

Cigarettes, chewing gum, CD/MP3 or similar players, radios, sheath or pocket knives, drugs or any unnecessary valuables.

It is advisable not to pack personal belongings in plastic rubbish bags as they may tear enroute to Living Springs, resulting in children losing their property.

Please ensure that all personal gear is clearly named.



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