



SAILING CENTRE DAY KIT LIST



GIRL GUIDES
AUSTRALIA
VICTORIA

CLOTHES

- Bathers
- Shorts/pants that can get wet
- Tshirt that can get wet
- Old woollen jumper or windproof jacket/slicker as it gets cold on the water, especially when you are already wet

FOOTWEAR

- Closed toed footwear is to be worn at all times in and out of the water (open toe sandals/slip on shoes are not acceptable)
- Ideally a 2nd pair of shoes

DO NOT BRING
Electronics, jewellery,
money or valuables

OTHER ITEMS (brought in a back pack)

- Wide brimmed hat
- Towel
- Sunglasses
- Sunscreen
- Insect repellent
- Plastic bag for wet gear
- Snacks, lunch and water bottle
- Medications if applicable (in ziplock bag, labelled and w dosage instructions. Give to First Aider upon arrival)

EVERYTHING brought should
be labelled with the Guide's
name

DON'T FORGET YOUR HEALTH FORM



SAILING CENTRE SLEEPOVER KIT LIST

Only for Guides staying at the venue on the Friday night

- All food required for Friday night, Saturday morning + Saturday lunch and snacks
- Pyjamas
- Sleeping bag
- Pillow
- Flat or fitted sheet for the bunk bed
- Toothbrush & toothpaste
- Hairbrush and hair accessories as required
- Soap
- Thongs (for shower only)
- Clothes suitable for a sleepover
- Inner sheet (optional)
- Blanket (optional pending weather)
- Comfort toy/animal (optional)
- Slippers (optional)