

MERC OVERNIGHTS

PACKING LIST

Clothing:

- Sunhat or beanie (for sun protection or warmth)
- shirt (UPF-rated clothing for sun protection)
- Swimsuit / Swimming togs / Rash shirt
- Shorts (comfortable for daytime activities)
- 2-3 Warm top (for the evening)
- 2 -3 Long pants (for cooler evenings)
- Underwear & socks (enough for the duration of your trip)
- Sleepwear (pyjamas)
- Fleece or light jacket (for warmth at night)
- Secure, closed-toe footwear (required for all land activities)
- Waterproof jacket
- Towel (for water activities)
- Sunscreen

Day to day

- Day backpack (to carry snacks, sunscreen, etc.)
- Drink bottle (reusable and durable)
- Torch/headlamp (for evening activities or bathroom trips)

Personal Hygiene & Toiletries:

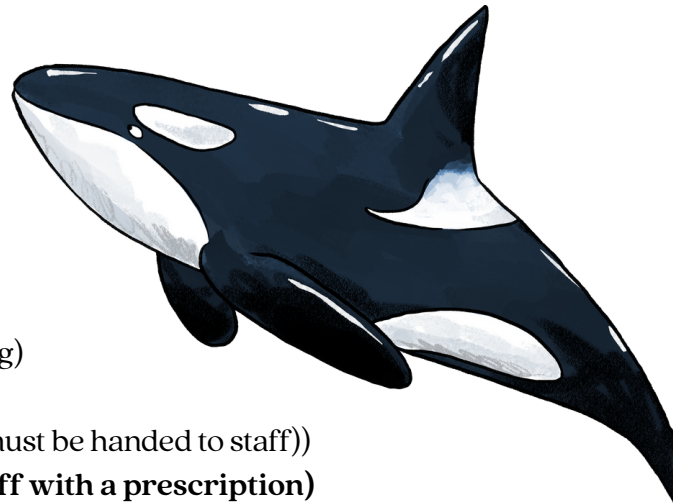
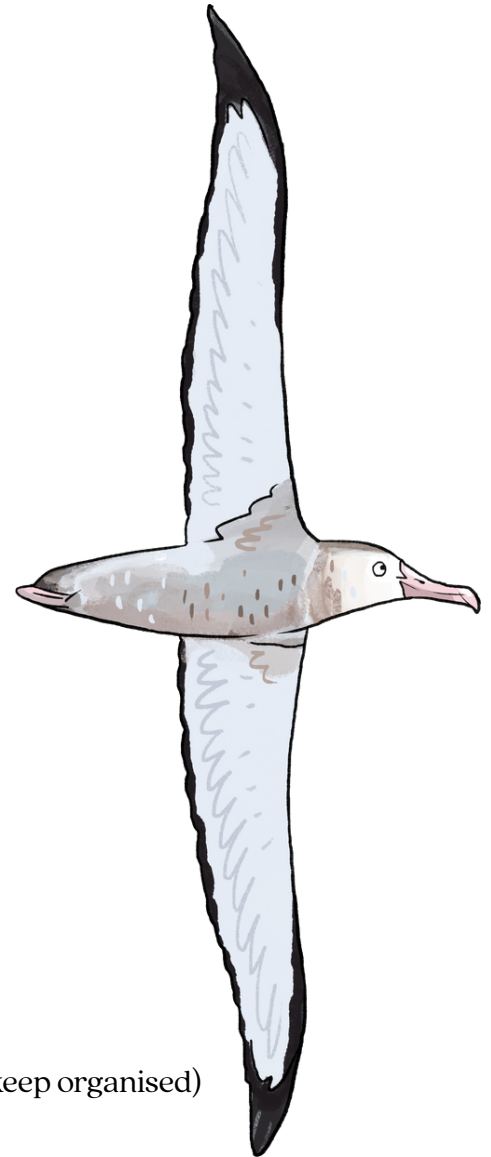
- Toiletries (toothbrush, toothpaste, comb, etc.)
- Sanitary items (if needed)
- Tea towel (for drying dishes)
- Plates, cup, knife, fork, and spoon (preferably in a small bag to keep organised)
- Towel (for showers and swimming)
- Plastic bag for wet/dirty clothes

Bedding:

- Sleeping bag and blankets
- Pillow and pillowcase

Extras(optional):

- Notebook and pen (for any fun activities or journaling)
- card games for free time
- Personal snacks (if needed for dietary restrictions, must be handed to staff))
- **Any personal medication. (must be handed to staff with a prescription)**



Daytime Activities:

MERC leaders are trained on all activities and how best to manage each activity in all weather situations. Campers will have access to all safety gear, including wetsuits and life vests, to stay warm during water activities. These are some examples of the activities your camper could do with MERC



Evening Activities:

In the evening, activities will take a different feel. We have some exciting things planned. We could do a nighttime rocky shore, a glow worm bush walk, squid dissections, fish printing, arts and crafts, or campfire with smores.

Exemplar Day:

Each day is different and depending on the participants, and weather, our leaders will plan the day taking to account what is best for your kids!

7:30-9:00	Breakfast and prepare for day
9:00-9:30	Morning movement and goal setting
9:30-11:15	Activity 1 e.g. climbing
11:15-11:45	Morning tea
11:45-1:30	Activity 2 e.g. surf skills
1:30-2:00	Lunch
2:00-3:45	Activity 3 e.g. Outdoor survival
4:00-5:00	Free time & Games (supervised)
5:00-6:00	Dinner
6:00-8:00	Night Activity e.g. glow worm bush walk, squid dissection
8:00-9:00	Prep for bed + debrief/reflections
9:00	Bed