

YOUTH REBUILDING YOUNG LIVES INSEARCH

WHAT TO BRING

Sleeping requirements

- Sheets
- Doona or sleeping bag
- Pillow
- Pyjamas

Shower requirements

- Towel
- Soap
- Shampoo/conditioner
- Deodorant
- Toothpaste/toothbrush
- Thongs

Clothing

- Clothes for 3 days
- Something warm in case it cools down
- Shoes – must be worn when in session and during break times

Extras

- Tissues
- Water bottle

Prescribed medication must be in the original packaging with the dosage of the prescription attached, to be handed to the Medications Officer at Registration.

All electronics are allowed on the bus trip but collected at registration and handed back after program concludes.

WHAT NOT TO BRING

- ✘ Nut products
- ✘ Caffeine, guarana and sugar products
- ✘ Chewing gum