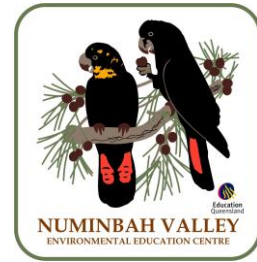


Numinbah Valley Environmental Education Centre

DAY VISIT PACKING LIST



What to bring:

- * **Hat** -all students must wear hats when outdoors.
- * **Water bottle** - Bring at least a litre of water.
- * **Raincoat** - our activities still continue in the rain
- * **Shoes** - Comfortable closed-in walking shoes (not open shoes/sandals or thongs).
- * **Sunscreen / Insect Repellent**
- * **Food** - morning tea, lunch, afternoon tea and snacks.
There are **No** shops for purchasing food during the excursion.
Please use environmentally friendly packaging
- * **Camera** (optional)
- * **Back pack** - long walks
- * **Clipboard/paper/pencils**
- * **Warm Clothes** (Winter)

Canoeing (Check with your Teacher)

- * **Canoeing Clothes** - Clothes must cover from the sun. Shorts and shirt (rash shirt) minimum.(Singlet tops are **NOT** suitable)
- * **Shoes** - Old shoes or boat shoes that will get wet/muddy (**not thongs or gumboots**)
- * **Plastic bag** - for wet, muddy clothes and shoes
- * **Towel**

Do not bring:

- * Mobile phones - refer to the Mobile Phone Policy in the NVEEC "pre visit booklet"
- * Radios
- * iPods or MP3 players
- * Soft drinks, lollies, chewing gum
- * Shirts that don't cover shoulders or midriff