

# Northern Beaches Christian College

## Suggested Packing List 2023

### Documents

- ☐ Travel insurance information / policy (Travel Insurance recommended)

### Luggage

- ☐ Suitcase or duffle bag
- ☐ Daypack
- ☐ Luggage name tags (for daypack also)

### Clothing

- ☐ Sun hat
- ☐ T-shirts
- ☐ Jeans / long pants
- ☐ Jumper
- ☐ Shorts
- ☐ Rain jacket
- ☐ Comfortable walking shoes
- ☐ Thongs / sandals (**water shoes** are best for Fitzroy Island - some parts of the beach have coral which is rough on bare feet)
- ☐ Swimmers
- ☐ Socks / underwear

### Hygiene

- ☐ Toiletries
- ☐ Motion sickness tablets
- ☐ Any personal medication (Epipen, Ventolin, etc) – if required
- ☐ Suncream and lip balm with high SPF
- ☐ Insect repellent (students should have enough to wear it every day!)

### Other

- ☐ Sunglasses
- ☐ Beach towel
- ☐ Small torch
- ☐ Money for souvenirs and other incidentals – as advised by group leader/teacher
- ☐ Reading / writing materials – if required

**We suggest you pack essential items such as eyewear, medications, and even a change of clothing in your carry-on baggage, in case your luggage is delayed.**

**Pack lightly and bring clothes that are easy to wash and appropriate for the climate. **Your valuables can be left behind at the hotel in a secure location while you are away from your base in Cairns.****

We consider one aspect of sustainability is helping the community in which we work and our groups visit. We make donations to homeless and needy people in Cairns. If you have any of the following items lying around, and would like to help a good cause, please consider bringing one of the following items with you to Cairns for our donation box:

- New toothbrush and/or small toothpaste
- Feminine hygiene items
- Disposable razor
- Shampoo or conditioner
- Soap or body wash
- A pair of new underwear to give to someone in need