

Flow Camp

What to bring!

Bedding

- Sleeping bag
- Blanket
- Pillow

Clothing

- Minimum of 2 pairs of enclosed shoes (one for dry one for wet activities)
- Clothing for 4 days
- Jumpers, Beanies, Rain jackets (incase of bad weather)
- Sun hats / Sunnies / Sunscreen
- Togs and Towel

Dinner wear

- Cup (Preferably with name on it!)
- Plastic or metal plate and bowl
- Fork, spoon and knife (not sharp)
- Tea towel

Toiletries / Necessities

- Toothbrush & toothpaste
- Soap, shampoo etc.
- Medications (if any)
- Torch w/ batteries

Extras (Not necessary)

- Balls / Bats / Lawn games
- Cards / Board games
- Snacks

Leave electronic devices at home. The camp / teacher's phones will be used for emergencies.

Questions? flow@flowacademy.co.nz