



REMEMBER NO FORMS- NO PLAY!

Timings:

- Drop off will be strictly from 8:45am – 9:00am each morning.
- We will not take ANY registrations before 8:45am.
- Collection is 4pm sharp.

On Arrival:

- Go to the Registration Tent with your parent/guardian.
- You'll then be directed to your team.
- Collect and wear your team shirt
- Apply Camouflage Cream (inform Team Leader if you have an allergy)
- Welcome other team mates and wait for the fun to begin

What to Wear

- Suitable Underwear
- Consider SKINS or Bike Pants if you suffer from chafing
- Long pants (Tracksuit)
- Quick Dry Shorts are OK if you can tolerate the cold
- T-Shirt – Long or Short Sleeved (strictly no singlet)
- Jumper
- Rain Coat (We don't stop because of bad weather!)
- Consider a Beanie and Gloves on colder mornings
- Gloves to be removed when on obstacles
- Closed shoes (runners are BEST) – these will get REALLY dirty!
- There will be mud, so do your shoes up nice and tight!

What to Bring

- Medication In a clear zip lock bag, name and instructions written on the bag
- LOTS of recess and a healthy lunch (We'll be really active, you NEED fuel)
- 2 completely filled water bottles
- A bag (school bag is fine)
- An old towel (it'll get pretty dirty!)
- A complete change of warm, dry clothes - Include spare shoes and socks
- A spare Hat
- Large garbage bag to take home wet and/or dirty clothes.
- Tube / Bottle of SUNSCREEN
- Applied 30min before arrival
- The Camouflage "Battle Paint" won't stick if you've only just applied it.
- 2 rest periods are programmed to "reapply" during the day!
- A positive attitude ready to have a stack of fun!!!
- Note – we will operate as normal in most weather. We have indoor facilities if necessary.

What to Avoid (All Seasons)

- Any form of jewellery - Necklace, earrings, rings, watches, bracelets (except medical ones)
- Sunglasses
- Scarves
- Tight, Restrictive Clothing
- Clothes you don't want to get dirty

What NOT to bring

- ANY form of electronic device. Yes, it's a WHOLE day without being plugged in!
- Anything that is not on the lists above.

