Information for parents

Getting ready for camp

New skills, new friends and new experiences – school camp should be an exciting adventure. This information pack has been designed to help you prepare your child (and you) for a stress-free and enjoyable camp experience at Milson Island Sport and Recreation Centre.

We have tried to cover all the questions you might have, but if you have a specific query that’s not covered here please contact our friendly staff on 13 13 02 or visit: www.dsr.new.gov.au

Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Swimming costume and rash shirt
- Sunscreen, sunhat and sunglasses
- Toiletries, including soap (no aerosols)
- Two towels
- Pillow, sleeping bag and a single flat sheet
- Day-backpack
- Insect repellent (no aerosols)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medications (if required)
- Handkerchief or tissues
- Water bottle.

Optional: Camera, stamped envelope for writing a letter, souvenir money.

Handy hint: Please label clothing, towels and sleeping bag with your child’s name

What not to bring to camp:

- Aerosol cans (e.g. spray on deodorant or insect repellent)
- Thongs, Ugg boots or slippers (these cannot be worn around the Centre or on activities)
- Radios or MP3 players
- Computer/video games
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Anything valuable.

Please note that drugs, cigarettes and alcohol are not allowed at camp and campers found using or in possession of these items may be removed from the Centre. Illegal drugs will be reported to the Police immediately.

Luggage

One travelling case/bag and a sleeping bag is allowed per child and should be clearly marked with your child’s name, address and phone number. Remember, your child will have to carry their luggage, so make sure it’s not too big or too heavy.

Handy hint: Pack items needed on the trip in a smaller, light bag.

Medical information

The information you provide on the Medical and consent form – Child helps us to look after your child’s health needs at camp. If your child has an injury, pre-existing condition, special dietary needs, allergies or is on prescription medicines, please provide full details on this form.

Your child should bring enough medication for the duration of their stay. All medicines should be in original packaging and clearly marked with your child’s name, together with instructions on the prescribed dosage and frequency. You should discuss this with your child’s doctor, who will be responsible for making sure your child takes their medication.

Bed wetting

If your child is prone to bed wetting, please let the school or Centre staff know beforehand, so staff can deal with the situation in a discreet and caring manner. Laundry facilities are available, please provide a waterproof mattress protector if required.

Asthma and/or anaphylaxis

If your child has asthma and/or is at risk of anaphylaxis, it’s essential that you provide an asthma and/or anaphylaxis management plan so staff know what action to take in the event of an attack.

Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times.

Children at risk of anaphylaxis need to bring at least one adrenaline auto injector.

On catered programs, children who are at risk of food related anaphylaxis will be required to wear a red wristband. This is an extra precaution to assist staff when managing situations where food allergens may be present.

Handy hint: Please make sure you put all important medical information on the medical and consent form.
Money and valuables

You might want to provide your child with some spending money so they can buy some camp souvenirs. Students may also need to buy meals on the forward and return journeys. We suggest that spending money is limited to $20 or $30 and is provided in a sealed envelope with your child's name on it.

Souvenirs

If you want something to remember your trip, souvenirs are available - just ask a member of staff for more details.

Creature comforts

Accommodation

Students will stay in comfortable rooms, with male and female students accommodated separately. A teacher from your child's school will stay in a room nearby and will be responsible for student safety and behaviour oversight.

Meals

Nutritious meals are prepared by qualified catering staff in a commercial kitchen, so your child will never go hungry. If your child has any special dietary requirements or food allergies, it is very important that these are listed on the Medical and consent form. You might also like to mention these needs to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices, i.e. vegetarians/vegans.

Getting the most out of camp

Behaviour

For everyone's enjoyment of the camp, we expect a good standard of behaviour. Camp rules will be explained to students on arrival. Children who persistently ignore reasonable requests or engage in violent behaviour may be removed from the Centre. If this happens, we will phone you or a nominated contact person to make arrangements for your child to be taken home. If we cannot make contact with anyone within 24 hours, we reserve the right to make alternative arrangements after discussion with appropriate Government agencies.

Outdoor safety

Every effort is made to ensure your child's safety and comfort while at camp. Our sun safe policy promotes wearing broad-brimmed hats and sunscreen. We also alter programs to minimise sun exposure during the hottest part of the day.

Personal flotation devices (life jackets) are supplied by the Centre. Covered shoes must be worn when participating in all water sports, except for swimming.

Handy hint: Encourage your child to wear sunscreen all year round.

Staying in touch at camp

Camp contact details

Milson Island is on the Hawkesbury River, about three kilometres west of the F3 Freeway bridge at Brooklyn and access is by boat only. The Centre occupies the whole island.

You are welcome to get in touch with your child by mail, email or tax while at camp. Please make sure you mark your child's name and school clearly on any communication.

Children are not encouraged to phone home, as it can contribute to homesickness.

Milson Island Sport and Recreation Centre
Private Mail Bag 11, Brooklyn NSW 2083
Fax: (02) 9986 9860
Email: milson.island@communities.nsw.gov.au

Accidents or emergencies

In case of emergencies, parents can contact students on (02) 9986 9261 from 8.30am to 5pm, Monday to Friday.

You will be contacted if medical conditions or other serious issues arise. Sick or injured campers are usually taken to Wyoming Medical Centre or Hornsby Hospital for assessment by a doctor if necessary.

Thinking about a family break or what to do for your kids during the holidays? Our 11 Sport and Recreation Centres across NSW offer Kids' Camps and Family Camps that are fun and great value. It's the perfect way to enjoy an outdoor adventure, try out new activities and have a go at old favourites. Find out more by calling 13 13 02 or visit www.dfsr.nsw.gov.au