

# Central Highlands Region Sunflower Sleepover



**Arrival:** Saturday 24 August – 3.00pm – 3.30pm  
Please report to registration on arrival

**Departure:** Sunday 25<sup>th</sup> August – 10.00am  
Please sign out

**Where:** Lingbogol Girl Guide Camp  
16 Geddes Road, North Creswick

**Please wear:** Guide Uniform, Warm layers underneath, Jeans or Trackpants,  
Shoes suitable for outdoors (runners), please tie hair back neatly

## **Kit List:**

Everything must be named.  
Do not bring electronic devices or valuables.

### **Bedding**

**Bring as a bed roll or put everything in a big stripy bag**

- 10yrs + - blow up or self-inflating mattress or yoga mat
- Sleeping bag and warm blankets (2).
- A polar fleece blanket is good to put inside the sleeping bag for extra warmth
- Pillow

### **Please bring in a back pack:**

#### **Clothing and Toiletries**

- PJs, warm socks, slip on shoes for going to the toilet at night
- Toiletries – toothpaste/toothbrush, hairbrush/comb/hair ties, deodorant (if needed), small hand towel (in a plastic bag)
- Waterproof/Warm Coat, warm hat, gloves, scarf

#### **Other**

- Permission Form (ADM 27)
- Medications if needed (must be in original packaging, in a named Ziploc bag with administration instructions; also give details on health form)
- Torch – essential
- Water Bottle
- Dilly Bag – Plate, Bowl, Mug, Fork, Spoon, Knife, Tea Towel – in a draw string bag

**Questions: Talk to your leader or phone Louisa on 0409 707 372**