



Maggie Island Camp – Check List

Please Note: “This is an electronics free camp” – No phones, ipods, ipads etc...

All Participants:

- Linen or Sleeping Bag
- Pillow
- Blanket
- Towel & toiletries
- Sun Screen
- Insect Repellent.
- PJ's
- Light jacket
- Plastic bags for dirty/sweaty clothes
- Casual clothes (including for night activities in the hall and Sunday morning beach activities)
- {No Doboks to be worn when eating.}

Students attending Training:

- Dobok (preferably 2 otherwise you may need to wash on Saturday)
- Belt
- Mouth Guard (fitted) (\$10 from chemist will do)
- Joggers
- Water Bottle
- Small Towel (if you wish)
- Protectors (if you have them)
- Skipping rope (if you have one)

Instructors:

- Focus Hand Mitts
- Focus Paddles
- Kick Shields
- Skipping Ropes (if you have any spares)