



Maggie Island – Carl van Roon Camp 2016 – Check List

Children 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)