

# ONZ Junior Camp- Bulletin 2

Congratulations on your successful registration and acceptance for Junior O Camp 2015.

**To be held Sunday 13<sup>th</sup> - Friday midday 18th December 2015.** Please aim to arrive between 12pm and 4pm if driving. If flying between 12pm and 3pm please advise John Parsons by email as to your travel plans and if flying, what your flight details are and arrival time, so that we can coordinate transport for you from the airport to the camp site. John Parsons: [awaawa@xtra.co.nz](mailto:awaawa@xtra.co.nz). For flights home please ensure that these are made after 2pm, as camp finishes at 12pm, allowing transport time to the airport.

**Where:** St Cuthbert's Boarding School, physical address is 122 Market Road, Epsom. We will be accessing the school through the Wapiti Ave gate. This is the street that the school is on the corner of with Market Road.

See map details: <https://www.google.co.nz/maps/@-36.8871318,174.7802965,18z>

**Cost of Camp:** The registration fee to attend camp is \$375.

**Payment for Registration:** This needs to be made by 23<sup>rd</sup> November 2015. Please pay by internet banking. You will be sent an invoice by Orienteering NZ, which will have your invoice number on and bank account details. Please record your name and invoice number on the bank form details.

**Code of Conduct:** You will be sent a Code of Conduct form which you will need to print out, complete in hand written form and scan the document and send back as an attachment to Dwayne Smith – email address [smithd4@gmail.com](mailto:smithd4@gmail.com)

**What to bring:** See attached gear list. We will be staying in the St Cuthbert's Boarding house, where we will be sleeping in dormitory arrangements, with all our meals catered for. You will have a mattress and a mattress protector provided, but you will need to provide your own pillow and pillow case and bedding (under sheet, and sleeping bag), and towels (including one for a swim).

**Allocated Rooms:** There will be age reserved dormitories / rooms for seniors / juniors so that the younger ones can be together and get to know each. Along with this the dormitories are divided into Girls & Boys. Please respect this at all times.

**Talent on Show** After a hard days training, the evenings will give you a chance to relax, do some learning and have fun. Come prepared to be entertained or you may wish to do the entertaining. If you have a musical instrument you may like to bring this.

**Mobile Phones / Electronic equipment:** The areas you will be visiting each day have spasmodic mobile phone coverage (often none) so you may not be able to contact anyone during most of the day.



Junior Camp 2015 Partners

## Camp Requirements – What to bring;

We suggest that you bring the following items with you for the camp:

- Drinking bottle 2L or 2 x 1L bottles - (Very important as you carry your own water for the whole day. If you have a Camelbak you can bring this)
- Container of home baking (to be used for shared morning and afternoon teas) - no cakes or items that will melt in the sun
- Sleeping bag
- Sheet to cover mattress or sleep on if sleeping bag too hot
- Pillow and pillow case
- PJ's or Sleep wear
- Running gear: tops / shorts and long pants (to have leg covering)
- Orienteering shoes or running shoes with a good grip
- Track pants and sweater to wear after training
- Gaiters (if wanted)
- Ident (SI card) (if you have one, if not AOC will provide you with one. Please advise us if you require one)
- Compass
- Hat / sunglasses
- Watch ( if you have one)
- Casual clothing; shorts, tops, jeans/trousers, ordinary summer clothes for 5 days, including underwear and some warm layers
- Socks (several pairs)
- Plastic Bags (for dirty smelly socks)
- Raincoat
- Warm jacket / Fleece top
- Toiletries – soap/ shampoo, razor, toothbrush, deodorant, hairbrush etc. incl. sunscreen, insect repellent
- Medications (if you have asthma, ensure you have your inhaler with you at all times. If you suffer from “hay fever” episodes, ensure that you have some antihistamines with you as the pine pollen can bring on an allergy episode.)
- Small personal first aid kit (plasters, blister block, pain killers etc.)
- Towel x2 (one for swimming)
- Jandals /and or camp footwear
- Togs (we will be visiting a swimming pool one afternoon.)
- Headlamp (or a torch if you don't have one). Bright enough and light enough to run with.
- Spending cash \$
- Camera (Optional)
- Personal snacks, (if you have a favourite snack)
- Old maps that you may have had some challenges with, that you can discuss with the coaches (optional)
- Elastic or pins or whatever you use to hold your control card and descriptions
- Map bags or 2 clear plastic A4 ziploc bags
- Red pen, a note book and another Black/blue pen ( taking notes)
- Sports/Day bag
- Other personal items (e.g. mobile phone etc. – don't forget the charger)

Please contact Linda Smith, [lindas1@outlook.com](mailto:lindas1@outlook.com) or Dwayne Smith [smithd4@gmail.com](mailto:smithd4@gmail.com) if you have any questions.