



Year 7 River Crossing @ The Groynes Term 1, 2022

River Crossing @ The Groynes

We are river crossing with KORE (formerly known as Kiwi Sailing School) at The Groynes. The buses will leave school at 8:15am, so it is essential that you arrive at school no later than **8:00am**. We will be back at school by **2.45pm**.

What do we need to bring?

Backpack, top, shorts and shoes for getting wet in

A warm top—wool or polyprop is good

A nylon wind/splash jacket

Sunhat and woolley hat

Running shoes—**not** jandals or slip on/off shoes. *These shoes will be worn in the river and will get wet.*

Towel

Sunscreen

A change of clothes, to wear home

A pair of dry shoes, to wear home

A plastic bag to carry wet gear home

Lunch

Plenty of snacks and plenty of drinking water

Any medication you may need —please give this to your teacher

Face Mask

A positive attitude, ready to embrace the challenge!

All gear in a PROPER TWO SHOULDER STRAP backpack that is triple lined for keeping gear dry as the pack will get wet.

If you have any questions about this activity, please contact your class teacher or Mr Nixon, EOTC Coordinator