



Year 7 Sailing @ Lake Rua
Term 1, 2019



Sailing @ Lake Rua

We are sailing with KORE (formerly known as Kiwi Sailing School) at Lake Rua, near Omaka Scout Camp. The buses will leave school at 8:30am, so it is essential that you arrive at school no later than **8:10am**. We will be back at school by **3:15pm**.

What do we need to bring?

Wetsuit (only if you have one)

Top & Shorts for getting wet

A warm top—wool or polyprop is good

A nylon wind/splash jacket

Sunhat *and* woolley hat (because we lose a lot of heat from our head)

Sailing shoes—**not** jandals or slip on/off shoes ('croc's' are good!)

These shoes will be worn in the boat and may 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

Plenty of drinking water

Any medication you may need —please give this to your teacher to look after during the day

A positive attitude, ready to embrace the challenge!

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