



## Year 7 River Crossing @ The Groynes Term 1, 2023

### ***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 8:30am, so it is essential that you arrive at school no later than **8:15am**. 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

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*