

## Canberra Snow Excursion: What to pack?

### Luggage

**1 piece of checked luggage weighing no more than 23kg.** Please ensure your child's bag is under this weight limit as you will be liable for any additional luggage charges. Discuss this with your child as any items purchased while on holidays will need to be considered for the return flight.

### Clothing

**Make sure all clothing items are labelled including socks and underwear**

- pack **SIX** sets of clothing. Ensure the clothing is acceptable - not ripped, torn or containing inappropriate slogans or pictures, the length of skirts/shorts is not too short and is suitable for the weather. Don't forget underwear, socks etc
- warm jumper or two
- warm jacket
- warm pyjamas
- hat (school hat and other)
- all footwear must be closed in - no thongs or sandals for outings. Thongs or slippers are acceptable to walk around the Canberra Student Lodge
- full school uniform must be worn in Parliament House and War Memorial
- students must wear their sports shirt on Monday. You can wear any appropriate bottoms.
- if you have a Year 6 shirt please pack that also.
- a light raincoat
- camera - ensure this has a carry strap as bags are not allowed into Parliament House, the Australian War Memorial and Museum of Democracy
- backpack - for the plane and will be used to carry water bottles, camera, additional clothing, etc

School uniform must be worn on certain days. Please ensure your child packs and wears the following:

**Day 1: Departure** – school sport shirt and any comfortable bottoms (preferably track pants), wear or pack a jumper in carry-on luggage

**Day 2: War Memorial, Old Parliament House, Parliament House** – full school uniform (a singlet is suggested if your child feels the cold and perhaps an additional undershirt)

**Day 3: National Museum, Parliament House, AIS, National Sound and Film Archive** – Year 5 full school uniform, Year 6 full school uniform with Year 6 shirt

**Day 4: Snow** –warm clothes of your choice

**Day 5: Mulligans Flat Woodlands Sanctuary, Airport** – clothes of your choice – sport shirt packed in carry-on luggage bag.

For evening activities students can wear clothing of their choice.

**NOTE:** Due to the cold temperatures it is suggested that your child wears layers of clothing under their school uniform or regular clothing – thermal singlets and long sleeve tshirts are highly recommended. Shorts are not recommended. Girls are encouraged to wear tights under their school uniform bottoms. Thermal socks are also a good idea.

### **For the snow:**

- beanie
- scarf
- ski gloves
- goggles (highly recommended) or sunglasses
- warm knee length socks
- thermal under layers such as singlet or vest, thermal pants, thermal shirt or long sleeve tshirt
  - ski jacket, ski pants, helmet, skis, stocks and boots will be supplied

**NOTE:** Your child will need layers of clothing to wear between the provided ski jacket and pants. Thermals are great but tights or tracksuit pants will also work for bottoms. A singlet, thermal top or long sleeve shirt and a jumper will work for the top. Ski gloves, long socks and eye protection are essential items. Goggles are great for visibility, are suitable for all conditions and highly recommended but not essential, sunglasses will work well enough.

- Special snowshoes or boots are not required but can be worn if you would like and your child has enough room in their luggage.

### **Toiletries**

- toothbrush and toothpaste
- hairbrush
- hair ties/clips, etc
- deodorant
- soap or body wash
- feminine hygiene products for female students even if they are currently not needed. Things can occur at unexpected times.

### **Other necessary items**

- garbage bag to pack dirty clothing items into
- 3 plastic shopping bags
- sunscreen
- water bottle
- bath towel

### **Money**

We know your child will want to have mementos of this amazing adventure and that means bringing money. Please be aware that any money your child has is their responsibility. Supervising teachers will not be carrying, storing or looking after wallets or money of any kind. No more than \$100 for the week. This would cover the cost of souvenirs or a treat at attractions. All food is supplied. Spending money is for souvenirs, snow items you need prior to skiing (e.g. gloves) or an extra drink or snacks at attractions. You certainly do not have to send this much but we do not recommend anything more.

### **Electronic Devices**

This is a technology free excursion, with some exceptions. We want your child to interact with their peers and enjoy the experience. This means there will be no devices that connect to the internet. We understand that currently most people use their phone as a camera and mp3 player. We will allow these devices as long as they **cannot** connect to the internet or make phone calls. If the device requires a SIM card to connect to the internet this needs to be removed prior to it being allowed on the trip. WiFi connectivity is acceptable, but no WiFi passwords will be supplied. The device will only be allowed for listening to music or photos. **NO GAMING or INTERNET USAGE.** All music must be pre downloaded. **THERE ARE NO EXCEPTIONS TO THIS RULE.** If a child is in breach of this rule the device will be confiscated for the duration of the trip.

Traditional cameras are encouraged.

If your child is anxious and needs to speak with you, they will be able to do so on a teacher's phone under the supervision of a teacher. We do not want students who are having a tired teary moment to be on their own and upset. I am sure you understand that little things always seem bigger when you are away from home, and we don't want any student being homesick without our knowledge.

We will be contactable on Mr Lloyd's phone for **EMERGENCIES ONLY** on **0477 176 745**

We will share regular updates of our excursion on the [Terranora Public School Facebook page](#).

### **Snacks**

Students are welcome to bring a small supply of snacks for the week. We will leave what is packed to each parent's personal judgment but do ask that not too much sugar is included. Students will not be sharing food. Breakfast, lunch and snacks will be provided each day. Chewing gum is not welcome on the excursion except for use on the plane during take-off and landing as it assists with pressure building in the ears. One pack of gum is permitted and must be left in carry-on luggage.

### **Medication**

If your child needs to take any medication it must have their name and dosage written on a chemist label - this includes over the counter items such as Panadol, Travel Calm, allergy medication, herbal vitamins, etc. Students with an Epi Pen must bring their own. Staff members will store and dispense the medication as prescribed. The only exception to this is an asthma inhaler. Your child may keep this in their backpack. Please see your child's teacher if this applies to you.

### **Food allergies**

Information regarding food allergies will be gathered from your completed permission notes and supplied to all food providers. Please contact your child's teacher if you have concerns.

### **Suggested items to take**

- pencils and notepad, colouring in book
- crossword puzzles, find a words
- books
- cards or card games

## **COVID-19 information and requirements**

As a school, we are very mindful of the current COVID-19 measures NSW Education would like us to follow. This letter has important information regarding COVID-19 measures to help protect against, and reduce exposure to, COVID-19 and any other respiratory illnesses. Please note these are precautions only and are mandated by NSW Education.

### **Prior to excursion**

- If a child displays symptoms of COVID-19, or is generally unwell, they should not attend school. They should undergo testing for COVID-19 and isolate until a negative result is received, in accordance with guidance provided by NSW Health and NSW Education.
- The morning of the excursion all attendees must undertake COVID-19 testing.
- In the 24-hour period before the excursion, a Personal Health Declaration (PHD) must be completed by the child's parent or carer. This includes a declaration of the child's current health status. Access the form at:  
[https://www.bookcanberraexcursions.com.au/app/img/splash/terms/Covid19\\_PersonalHealthDeclaration.pdf](https://www.bookcanberraexcursions.com.au/app/img/splash/terms/Covid19_PersonalHealthDeclaration.pdf)
- The PHD form must be handed to your child's class teacher on the morning of the trip or emailed prior to departure. Students who do not have a form submitted will not be able to attend the trip. This is required by Canberra Excursions which meets the requirements of the Australian Capital Territory (ACT) COVID-19 Protocol Requirements. PHD forms will be taken with the group to each venue location.

## **Masks**

- Masks must be worn in airport terminals and on all domestic commercial flights to minimise risk of exposure and transmission of COVID-19. If your child has an exemption, please email this to their class teacher.
- Currently masks are not required to be worn at any venues in Canberra but is recommended at busy venues. We will have masks available for all students and staff to wear if we are asked to use them.

## **At venues**

- Schools remain in cohort bubbles, maintaining physical distancing from student cohorts from other schools.

## **Hygiene practices**

- Regularly washing hands and use of hand sanitiser.
- Not sharing drinks or food.
- Coughing or sneezing etiquette.
- Monitor for symptoms of COVID-19, or other respiratory illness and if unwell, isolate from other members of the excursion cohort and seek appropriate care. If deemed necessary, parents/carers will be contacted to seek permission to administer a Rapid Antigen Test (RAT).
  - If a RAT returns a positive result the student's parent or carer will be contacted, and an appropriate care plan will be negotiated. This may result in a requirement to collect your child at any time during the excursion.

## **Management of a student who develops COVID-19 symptoms whilst on an excursion**

- If a student becomes a suspected COVID-19 case during the excursion or is experiencing symptoms consistent with COVID-19, they will be isolated from the cohort in an appropriate space and supervised by a teacher. Permission to administer a RAT test will be obtained from the parent or carer.
  - If a RAT returns a positive result the student's parent or carer will be contacted, and an appropriate care plan will be negotiated. We have designed a plan for each day we are away. Our first response will be to contact you and provide options. This may result in a requirement to collect your child at any time during the excursion.

These are precautionary measures and a requirement by the ACT Government and NSW Education. The information is not designed to alarm you, but instead inform you of a worst-case scenario.

Hopefully, these measures won't need to be actioned and everyone can enjoy a safe, fun and educational trip to our nation's capital.

Please be assured all TPS staff attending the excursion have your children's best interests and safety in mind.