

# How to Prepare for



Follow this map to get ready for Holiday HQ!



## Food & Snacks



Pack a healthy morning tea, lunch & afternoon snack to power up!



Check allergy guidelines for your service - no nuts allowed!



Where lunch is included, check with your service for details. Veggie and GF options are available, but you're welcome to pack a lunch too.

## Excursion Extras!



Sign any required waivers and permission forms in advance.



Don't miss the bus! Some excursions need an early start, so check times with your service. We'll also send an SMS reminder the day before.

## Pack your bag!



Stay sun safe - bring your hat and sunscreen



Stay hydrated - don't forget your water bottle!



Wear comfy clothes and closed-toe shoes



## Medical Hub!



Allergies? Asthma? Let us know ahead of time!



Clearly label any medication with the pharmacy label and give it to your Service Coordinator before your first day

Let the fun begin!

