

Wellington Judo Association 2025 Grassroots Judo Camp Friday 14 - Sunday 16 March 2025, El Rancho, Waikanae

GEAR LIST : Please pack the following to bring with you to the camp.

- Judogi (bring 2 if you have an extra one)
- Judogi (girls bring 2 x t-shirts)
- Sleeping bag and pillow
- Slip on shoes, such as slides, jandals, crocs, for transiting from dojo and other buildings
- Sneakers/running shoes - something you can run in (NOT slides!)

- Shorts and t-shirts (for day activities and morning runs)
- Underwear
- Something warm to wear if cold - eg jumper/hoodie/sweatshirt, trackpants, beanie
- Pyjamas
- Togs and towel
- Raincoat or jacket (if weather looks to be wet).

- Towel
- Shower/wash items - eg: shampoo, shower gel, soap, toothbrush, toothpaste, hairbrush, personal hygiene or other items you require
- Sunscreen, sun hat, insect repellent if needed.
- Torch (for night activities)
- Water drink bottle - labeled with your name
- Plastic bag to put all your dirty wet clothes in

Medication and instructions - to be handed in when you arrive on Friday

Food to contribute to shared morning and afternoon tea. (If home baking, please list ingredients)

Good manners, friendship, lots of energy.

Don't bring phones or electronic devices. We will take them off you if we see them.

***We cannot cater for dietary requirements as it impacts the cost of camp for everyone.**

Food at camp usually consists of bread, cereal, fruit, rice, meat, vegetables, snacks such as biscuits, slice or cake. If you cannot eat this food or make dietary choices from what is provided (such as having a burger without the meat if vegetarian) please contact us, as you may need to provide alternatives for the weekend.