**NASIONALE SEE-EN-SAND INSTITUUT**

**NATIONAL SEA-AND-SAND INSTITUTE**

**INCORPORATED ASSOCIATION NOT FOR GAIN**

**Reg. No. 79/03925/08**

**PBO No. 930 029 293**

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**WHAT TO BRING**

* Original Entry Form
* Note Book & Pen
* Sleeping Bag, pillow & matrass (matrasses can be arranged by us)
* Cutlery & Crockery
* Lunch & supper for 1st day
* Breakfast daily (no breakfast is provided by us)
* Pocket money
* Head light (“kop lampie”)
* Sun block + Insect repellent, mosquito repellent
* Own medical supplies eg. strapping, asthma pump, plasters
* Toiletries
* Towels
* Swimming costumes
* Waterproof windbreaker
* Warm clothes for evening
* Rock shoes or old takkies
* Back pack/Day bag to fit all the stuff for that day
* Wetsuit only allowed for seniors (those who enters for 2nd time)