TAS Surf Lifesaving Bivouac

November 2014

Travel
Depart Monday November
- 6:30am Brown Street. Pack trailer and bus at 6:15am.
- Boarders early breakfast at 6am.

Return Tuesday November
- Depart Sawtell Beach 1.00 pm
- Arrive Brown Street at 3.30 pm

Accommodation
Sawtell Surf Lifesaving Club

Staff
Mr J Pennington 0419250984; Mr J Moore

Organisation
Monday
Arrive Sawtell approximately 9:00am.
Unpack bus.
- 9.30 am – 12.00 pm Beach Session 1
- 12.00 noon Lunch- Club
- 1.00 pm- 4.30 pm Beach Session 2
- 6.00 pm Dinner-Club BBQ
- 7.00 pm – 8.30 pm Theory Session
- 9.30 pm Bed

Tuesday
- Early Morning Beach Session 3
- 7.30 am Breakfast-Club
- 9.00 am -12.30pm Beach Session 4
- 12.30pm Lunch- Club
- 1.30 pm Depart Sawtell

Requirements
Swimmers, goggles. Pens, Manual and Workbook. Casual clothes including covered shoes. Sleeping bags and roll up mattress, pillows, Swags if possible. Sunscreen; Insect repellent; toiletries

Dress
To travel - School sports uniform - Full school tracksuit if necessary, white shirt, blue shorts, white socks, sports shoes, hat, water bottle (to be carried onto beach), swimmers (board shorts are not allowed for lifesaving activities; rashies and caps provided), towel.

Meals
Breakfast: Cereal/toast Spreads
Lunches: Rolls, Salad filling, sliced meat, fruit
Dinners: BBQ with salads