

CHECKLIST FOR CARNIVALS

ITEMS

Clothing:



- Extra socks
- Extra undies
- Raincoat
- Tracksuit
- Travelling shirt
- PSNA Polar fleece jumper

First Aid:

- Ankle strapping
- Finger strapping
- Nail clippers

Personal Items:

- Hand towels
- Sun block
- Hat
- Deodorant
- Personal hygiene items
- Chair



Please note: No peanut products are to be brought by any player

FOOD

Fruit:

- Apples
- Bananas
- Grapes
- Pears
- Fruit snack or canned fruit
- Dried fruit
- Fruit salad



Snacks:

- Plain muesli bars
- Fruit rollups
- Sports bars
- Breakfast bars



Main Meals:

- Bread rolls
- Muffins
- Pikelets
- Healthy cakes e.g carrot, banana
- Sandwiches eg chicken
- Cold cooked chicken
- Yoghurt
- Salads eg pasta, coleslaw
- Cold potatoes

Drinks:

- Fruit juice
- 2 bottles of water
- 1 bottle of Sports drink

