



SEIDO CHRISTCHURCH CAMP 2008

**Friday 28th to Sunday 30th November
Woodend Christian Camp, Christchurch**

WHEN: Training gets underway at 8:00pm on Friday. Please arrive in plenty of time, but not before 6:30pm. You should have something to eat beforehand, as supper will not be provided until after training ends. The camp must be vacated by 2:45pm Sunday, so this is the latest time for parents to collect children.

WHERE: Woodend Christian Camp is at 124 Woodend Beach Road. From Christchurch you take the motorway north. When the motorway ends, make a right turn into Sandhill Road (this is before you enter the Woodend township). Then turn into Woodend Beach Road. The Camp is on the left just past Jelfs Road.

WHAT TO BRING:

- A tent if you have one (allow yourself extra time to put it up)
- Sleeping bag/blankets, pillows
- Karate gi and a spare if you have one, running shoes, socks, plus usual sparring and protective gear for green belts and above
- Warm clothing, casual clothes for when not training, waterproof jacket
- Sunhat, sun block, sunglasses, insect repellent
- Bath towels, toiletries, personal items
- Asthma inhaler, any medicines you need
- \$1 coins/washing gear if you wish to use the washing machines etc.

WHAT NOT TO BRING:

- Radios
- Cell phones
- Computer games / walkmans / i-pods or similar
- Watches

See you there!

