



OUTINGS GUIDE

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## Outings guide

### Planning your outing

- Visit local websites to get ideas (E.g. [www.kidzworld.co.za](http://www.kidzworld.co.za)).
- Plan around the children's routine, taking naptime, feeding time, etc into consideration.
- Check the weather forecast (E.g. [www.met.ie](http://www.met.ie)) in order to decide whether to embark on an indoor or outdoor activity. It is always a good idea to have a back up plan ready!
- Confirm details (entry times & prices, whether you can take your own food, etc).
- Get a map & directions. Make sure you know where you are going and how to get there before you set out.

### What you will need

- Food: It is a good idea to take easy to manage, non-perishables such as nutri-bars, nuts, dried fruit, etc.
- Drinks: Use a re-closable bottle filled with water or fruit juice. Remember that if you are taking a milk bottle, it must not be kept in a warm place such as in direct sunlight.
- Clothes: Pack a change of clothes as well as an extra warm coat incase it is cold.
- Changing items: Pack a few nappies, a pack of wipes & some disposable nappy bags.
- Wet wipes & tissues: Very useful for sticky fingers and wiping noses.
- Hand sanitizer: It is always a good idea to use a gel sanitizer to clean hands.
- Sun cream: Even if you don't think it's hot, sun cream should be applied every two hours.
- Sun hat & sunglasses: Sun hats are essential every sunny day and sunglasses are a fun yet sun-savvy item for the older children.
- Swimsuits & towels: Remember waterproof nappies for babies and toddlers.
- Camera: Remember to check that there is space on the memory card and that the batteries are full!
- Picnic blanket: A blanket will be very useful if you will be sitting on the grass.
- Money: You may need some cash for snacks, entrance fees, parking, etc. Remember to get mum or dads permission and always keep your receipts.
- Medication: Remember to pack essential medication such as allergy meds, asthma pump, etc.
- Emergency contact list: Make sure that you have all relevant contact details handy.

#### Other

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