

Heading off on an excursion or school camp

Excursions and camps are a chance to try new things, have fun and spend time with your friends. The goal? Know what to expect so you feel ready, organised and excited for the day ahead.



Get ready before you go

- Ask your teacher where you're going and what you'll be doing
- Make a list of everything you need to take
- Talk through the plan for the day with someone at home
- Ask questions if you're not sure what will happen during the day.



Make things easier to suit your vision

- Find out where important places are, like the toilets, lunch area or meeting spots
- Visit the place beforehand if you can, or ask for photos or a map
- Pack any assistive technology, equipment or chargers you might need
- Ask your teacher to explain any new spaces when you arrive
- Tell your teacher if you need extra support during the day.



Before you leave

Do a quick check before you head out the door. Do you have your:

- ☐ School or overnight bag
- ☐ Lunch, snacks or water bottle
- ☐ Hat and clothes that match the weather
- ☐ Cane or assistive technology
- ☐ Any medicines or personal items you might need.

☒ **You're ready for the adventure!**

One thing for you to do

Think of one question you'd like to ask your teacher before your excursion or camp. Knowing what to expect can help you feel more prepared.

You've got this

It's okay if things feel tricky at first. Ask for help when you need it, take your time and remember that learning new things takes practice. It's okay to feel nervous about new places. Being prepared can help you feel more confident.

