

BWS & GCC - Helpful Information – for Participants

Please read the following carefully, and contact us should you have further questions

What to bring: Your Bible, pens, notebook, sleeping bag or bedding, and all toiletries including towels, soap and shampoo. We also encourage you to bring musical instruments of choice for special music or worship with your friends.

What not to bring: Please DO NOT bring MP3 players, IPODS, video game players, inappropriate literature or music, cigarettes or alcohol. You may bring accompaniment music for use at the Variety Concert/Talent Show.

Room Allocation: There will be a room sharing situation, but with sensitivity and priority given to the needs of friends/families. There will be adequate access to bathrooms/showers.

What to wear: As you pack, keep in mind that this is a Christian Course at a Mission base. Neat and modest clothing is to be worn at all times. Short shorts, miniskirts, tank tops, tight shirts and shirts that expose your stomach are not acceptable; jeans are fine for lectures, but not for church services and outreaches. Your clothes worn during sports time should also be modest. For Sunday worship service – modest dresses/skirts for ladies. Suit and tie or dress shirt and slacks for men. Swim suits must be modest or add a dark T-shirt over it. No bikinis, please. Bring warm jacket/jersey in case of weather change. Please note: bring sufficient clothing as limited laundry facilities are available. Ladies must also please read the separate sheet on modest clothing.

Recreation: The BWS will include a wide range of outdoor activities. We'll have "Sports times" in the afternoon, including soccer and volleyball. Don't forget your favourite hiking boots or faithful broken-in running shoes! There is a swimming pool and we will also have hikes in the forest and on the mountain.

Extra Spending Money: You will wish to bring extra spending money for books, any tuck shop (if available), souvenirs, extra activities and other incidentals.

Cancellations: We certainly hope you do not have to cancel; but should that be necessary, please contact us *immediately*, so to make space for others.

Registration: Registration starts at **2PM** on the first day of the BWS. Please be there on time.

If you are flying or taking the bus: Plan to arrive in Cape Town before 12noon, so that you have enough travel time to get to the Mission House.

About your departure: Ensure that departure plans are in place. The BWS concludes after lunch (2PM) on the last day of the Course.

The leadership reserves the right to dismiss any participant whose influence and/or conduct becomes in any way detrimental to the best interest of the others. No refund will be made for absences, dismissals or withdrawals before the end of your session, except in cases on doctor's orders, in which the remaining course fees may be refunded.

Checklist

Items you bring should include the following:

Bible

Hiking Boots & running shoes

Pens

Notebook

Backpack

Rain Jacket

Warm jacket/jersey (for weather change)

Cap/hat

Water Bottle

Smart Clothes for outreaches/church services (Skirts/dresses for the ladies, Tie and jacket for men)

Suitable Clothes for PT

Pillow

Toiletries, including towel, soap and shampoo

Pocket money for optional extras (bookshop, etc.)

Most often forgotten important items:

Pillow

Extra pairs of shoes – as shoes/boots may become wet during outside activities

Proper, comfortable hiking boots – unsuitable shoes can be really uncomfortable on long hikes!

Suitable clothes for PT

Towel and toiletries.