



# Dicky Beach Nipper Camps

The following list has been developed by past nippers who have attended carnivals to ensure they're able to give their ultimate performance.

This list is for you the competing nipper to tick for your pending carnival.

ITEM	REASON	✓
<b>TO WEAR:</b>		
<b>Nipper Cap</b>	Wear your Dicky Beach cap; you can't compete without it	
<b>Pink Rashie</b>	Make sure its bright; you can't compete without it	
<b>Togs</b>	Make sure they are comfortable but tight	
<b>Hat</b>	For sun safety; you can wear a cap or broad brimmed hat (broad brimmed is best)	
<b>Shirt</b>	For sun safety; its best to have a long sleeve shirt	
<b>A Smile</b>	Because Carnivals are all about fun!	
<b>TO PACK:</b>		
<b>Goggles</b>	These are needed for swim races; to help you see where you're going	
<b>Spare Goggles</b>	In case your goggles break, or you lose them; this can often happen in big surf	
<b>Spare Cap</b>	In case you accidently lose your nipper cap.	
<b>Wax</b>	For your board; to give more grip, so you don't come off	
<b>Swim Cap</b>	This is optional; but people with long hair often use them	
<b>2 x Towels</b>	To keep you dry and warm	
<b>Something Warm</b>	In case it rains; or is overcast. This can be something like a jumper, towel jacket, swim parker or raincoat	
<b>Something Sun Safe</b>	As well as what you are wearing; take something else that is preferably long sleeved; as the other one will get wet and gross	
<b>Sunscreen</b>	To reapply and keep sun safe throughout the day	
<b>Zinc or Surf Mud</b>	Something to put on your face that is a bit thicker than sunscreen that will not get in your eyes.	
<b>Change of Clothes</b>	For when you're going home; so you don't hop in the car sopping wet and sandy	
<b>Snacks</b>	For in between events when there isn't much time; e.g: jelly beans or snakes, fruit, light snakes, protein balls & muesli bars	
<b>Filling Food</b>	Foods that will sustain your energy throughout the entire day; e.g pasta, Up n Go, sandwich or roll.	
<b>Water Bottles</b>	These should equate to about a 1L as it is often hot and you need to rehydrate.	
<b>Chair</b>	A light one because you have to carry it to sit on to have a rest	
<b>Chafe cream</b>	To stop chafing of course.	
<b>Black Nikko</b>	To mark clothing as well as write marshalling numbers and team on your arm.	
<b>Golf Umbrella</b>	For your parents to hold and shade you whilst waiting for your race – so you are ready to go.	

**MOST IMPORTANTLY – Don't forget your BOARD!!!**

**Have Fun! Try Your Best! Support Your Mates! Go Dicky Beach!!!**