

## Essentials for Nudgee Beach Environmental Education Centre

*Excursion*

### A Day at Nudgee Beach

All Students will need:

1. Hat
2. Sunscreen
3. Insect repellent
4. Closed in shoes that can get wet – NO GUM BOOTS OR CROCS
5. Light Long sleeves or at least a t-shirt NO SINGLETS
6. Light Long pants or shorts
7. A change of SHOES including SOCKS
8. A complete change of CLOTHES
9. A Raincoat
10. A Beach Towel

Sandflies and mosquitoes are usually in high numbers at Nudgee Beach and can cause irritation so please make sure students are aware. Light clothing is the best prevention. Insect repellents with a high percentage of DEET works well, however, this doesn't mix well with marine life. Students will need to wash their hands after repellent applications. All activities will have the students in the sun so please make sure students have a hat and suitable clothing. Most programs at NBEEC will involve the Beach so please make sure a complete change of clothes including shoes and socks are brought. If the weather is inclement on your booked day – rebookings will be made in consultation with NBEEC's Principal, your School and your School's Bus Company.



**NUDGEE BEACH**  
environmental education centre

## Nudgee Beach Environmental Education Centre

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