

Hey there RAW campers!!!

Well the week of RAW is now upon us and the RAW Crew are absolutely excited about it so we hope you are too!!!

So a few more housekeeping things prior to the event... Please take a good read through this email and check out the RAW updates page for previous updates on RAW – www.rahms.org/updates

So some things to know before RAW:

- Transport arrangements: Many of the universities have arranged their own transport to RAW, please contact your rural health club for further information. Details for those people catching the UNSW bus will be sent directly to these students. For further details please check out the RAW updates page
- **ADDITIONAL ITEM TO KIT LIST:** For those people who do not have their own tents, RAHMS is providing tents for you. These people will be required to bring a **ground mat** to lay their sleeping bag on. These ground mats can be purchased from any camping store.
- **KIT LIST:** Please take particular notice to the kit list – in particular you need to know that you will require to bring your own reusable plates/bowls/cups and cutlery. The RAW crew will provide washing facilities for this. The kit list is up on the website.
- Medications – if you require medications to be refrigerated at all please notify Shannon Nott. Also, for those that suffer from hay fever, please remember that it is spring and will also be quite dusty so please bring appropriate antihistamines to help alleviate any symptoms that may occur. Please remember we are on a farm and that it will be difficult to access a pharmacy over the long weekend if you require any over-the-counter meds.
- Clothing – Please pack appropriately for the weather. At the moment it does not seem like it will be raining however please pack wet weather gear just in case. Also please remember that although it may get very warm during the day, it does get quite cold at night time.

If you have any particular questions about RAW or what to bring, please email raw@rahms.org.au

Look forward to seeing you on Friday!

Shannon