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**SASA HIGH AND LSEN ATHLETICS CHAMPIONSHIPS**

**3 – 6 APRIL 2024 @ DAL JOSAPHAT PAARL**

ACCOMMODATION AND TRANSPORT

**WHAT TO PACK?**

* BEDDING (SLEEPING BAG/ FITTED SHEET/ PILLOW)
* TOILETIRES
* TOWEL
* **WESTERN CAPE RUNNING GEAR – CLEARY MARKED**
* **WESTERN CAPE TRAKSUIT - CLEARY MARKED**
* PAJAMAS
* MEDICATION – CLEARLY MARKED
* WATER BOTTLE/SNACKS
* OWN CHARGERS/ PLUG
* PEACEFUL SLEEP / BUG OFF
* SPIKES OR PLASTERS FOR FEET
* SUNSCREEN/CAP