

Welcome to Selection Camp 2025 at Bridges Retreat Centre and campsite
Address: Bridges Retreat Centre R301 Wemmershoek, Franschhoek, 7600

[Location](#)

You will need to remember to bring the following:

Bedding:	Check	Medication and toiletries	Check
Towels - indoor and outdoor		Any prescriptions needed	
Special pillow or blanket		Allergy medication	
Clothes	Check	Sunblock	
Comfortable clothes like t-shirts, jeans, shorts		Shampoo, conditioner, soap, face wash	
Warm jacket		Comb / hairbrush	
Underwear		Toothbrush and toothpaste	
Socks		Other	Check
Swimming costume		Torch	
Hat or cap		Notebook and pen	
Shoes	Check	Water bottle	
Closed walking shoes		Sunglasses	
Open shoes like slip-slops		Insect repellent	

PLEASE NOTE:

The camp schedule is very full and there will **not be time to do assignments**, homework or talk to your friends at home. Complete all homework or studying prior to the camp. Please **leave unnecessary electronics or devices at home**.

Pack as little as you can as it is only for the weekend. **Do not bring valuable items** to camp.

Any cellphones, watches or ipods will be handed in to Rotarians for the duration of the camp.

These will be returned on the last day of camp.

You will be sharing a room with other students so please be considerate of others during the camp.

Please contact rotaryyouthexchange9350@gmail.com OR yep.freda@gmail.com