



NASIONALE SEE-EN-SAND INSTITUUT
NATIONAL SEA-AND-SAND INSTITUTE

INCORPORATED ASSOCIATION NOT FOR GAIN

Reg. No. 79/03925/08

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WHAT TO BRING

- Original Entry Form
- Note Book + Pen
- Sleeping Bag + Small pillow
- Cutlery + Crockery
- Lunch + supper for 1st day
- Head light (“kop lampie”)
- Sun block + Insect repellent
- Own medical supplies eg. strapping, asthma pump, plasters
- Toiletries
- Towels x 2
- Swimming costumes
- Waterproof windbreaker
- Rock shoes
- Back pack/Day bag to fit all the stuff for that day

LIST OF SEA AND SAND LIFESAVING BEACHES

- | | |
|-----------------------|------------------------|
| 1) Yzerfontein | 14) Uilenkraalsmond |
| 2) Pringel Bay | 15) Castle Beach |
| 3) Silver Sands | 16) Pearly Beach |
| 4) Betty's Bay | 17) Struisbaai Main |
| 5) Palmiet | 18) Struisbaai North |
| 6) Kleinmond-Lagoon | 19) Arniston - Roman |
| 7) Hawston | 20) Arniston - Bikini |
| 8) Onrus | 21) Arniston - Kassies |
| 9) Sandbaai | 22) Springerbaai |
| 10)Langbaai | 23) Kleinbos |
| 11)Kammabaai | 24) Arabella |
| 12)Voëlklip
Estate | 25) Hemel-en-Aarde |
| 13) Grotto-East | |