

## WHAT TO BRING

- Sleeping Bag (thick one – it can get cold!)
- Pillow
- Blanket (thin fleece one)
- Medication with name on and dosage – **please complete the attached yellow form and bring with any medication on departure day.**
  
- 1 Bath towel
- Toilet bag containing: soap, flannel, toothbrush, toothpaste, hairbrush etc.
- Suncream
  
- Nightclothes
  
- Socks and underwear
- 2 pairs of shorts
- 4 t-shirts, shirts or blouses, a sweatshirt
- 1 fleece or warm jumper
- 2 pairs of trousers / jogging bottoms
- Waterproof jacket (and trousers if you have them)
- Sturdy old shoes (they could get muddy)
- 1 pair of trainers (Wear these on journey down)
- Swimming Costume
- Pair of wellies
  
- Large plastic bag for dirty clothes

***Please do not send your child on the trip with valuable items as they can be easily lost or damaged.***

***\*This includes mobile phones and gaming devices\****

***All clothing items should be clearly marked to avoid loss and should be packed in a holdall or rucksack. Please provide your child with a packing list so he/she can check items back into their bag.***

***Clothes and shoes worn outside during activities will inevitably get dirty – so old clothes are best!!***