



WHAT TO BRING

Please ensure that all items are named.

- Sleeping bag
- Pillowcase (*to conserve space, we recommend not bringing a pillow but filling the pillow case with a dry towel/coat etc.*)
- Tops and jackets:
 - T-shirts (*arms may need to be covered for some activities*)
 - Fleeces/jumpers/sweatshirts
 - Waterproof/warm coat or jacket
- Trousers/leggings (*jogging bottoms are ideal for activities; jeans are not recommended as they get heavy and cold when wet*)
- Underwear and socks (*at least four pairs and they may need to cover ankles for some activities*)
- Suitable nightwear
- At least two pairs of trainers (*one of which should be an older pair for the raft-building activity*)
- Toilet bag and wash gear (*soap, shampoo, toothbrush and toothpaste - no aerosols or spray cans please as they can set off smoke detectors*)
- 2 towels
- Plastic bags for carrying wet or dirty clothes/shoes
- Gloves and hats
- Named water bottle for activities

Please restrict luggage to one reasonably sized (e.g. cabin-sized) case or bag for the coach hold. There will be limited space on the coach.

Please **DO NOT** send mobile phones, electronic devices, iPads etc. or jewellery.

Asthma Sufferers

Please ensure that this is noted on the medical form and that your child has their inhaler. The children will be in charge of their own medication.

Prescription Medication

If sending prescription medication, please make sure the instructions for dosage are clearly labelled and a form is completed. We will record each dose.

Non-Prescription Medicine

Please see anyone of us prior to departure. You will have to complete a form for your child to self-administer their own medication under adult supervision.

If you have any further questions, please contact Mr Burdett, Mrs Miles or Mrs Bird.