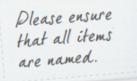


# **WHAT TO BRING**



- 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

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

Please **<u>DO NOT</u>** 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.