

SUGGESTED KIT LIST

- Duvet cover & pillowcase or sleeping bag
- Any prescription medication in a clear plastic bag clearly labelled and with instructions on dosage etc.
- Packed lunch for first day
- Lunch box/water bottle
- Plenty of old clothes – loose fitting and comfortable clothes appropriate to the season – lots of layers are warmer than a few thick ones. Trousers not skirts. Track suit bottoms are much better than jeans
- Hats and gloves
- Underclothes – at least one change per day plus an extra set. Decent loop stitched socks
- Outdoor shoes or walking boots that won't hurt to get muddy and wet
- Slippers/indoor shoes
- Waterproof
- Wellies
- Small rucksack
- Toiletries
- Towel
- Empty plastic bag for dirty washing
- Night clothes
- Pocket money – £5 is enough as there is only a small gift shop on site
- **NO MOBILE PHONES** – no signal. Visiting staff will have all emergency contact details with them, they have access to land lines if anything arises
- If you can, please pack everything in a suitcase with wheels, as the site is on a hill wheels make it easier for the children to carry their things. If not, then please make sure they are able to carry their own belongings from the coach.

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