

Kit List:

Item	Check
Torch	
Night wear	
Sleeping bag	
Pillow	
Underwear and socks	
Warm clothes (suitable for outdoor activities)	
Clothing suitable for sports activities (we recommend both short and long items as some harnesses that are worn for activities such as high ropes may require long trouser bottoms)	
Waterproof jacket	
Trainers (suitable for outdoor activities)	
Towel/ Wash kit/toiletries	
2 nd towel (to be used after water activities)	
Suntan lotion	
Hat/cap	
Swimwear	
Sturdy trainers (suitable for getting wet)	
Indoor shoes (E.g. sliders, flip flops)	
Rucksack	
Water Bottle (500ml+)	
Spending money	
Spare bin liner	
Any medication (This needs to be labelled and handed to a member of staff on the morning of departure)	

Students may bring their mobile phones however they are only to be used during social times. The same rules as school apply during activities or organised sessions:



NOT SEEN NOT HEARD