CLOTHING AND EQUIPMENT LIST

CLOTHING

Please ensure all clothes and shoes are named.

Minimum Clothing Requirement when on **Outdoor Activities** as part of the programme:

2 pairs of old trainers
3 pairs of old tracksuit bottoms
3 (at least) long-sleeved tops/ sweatshirts
1 fleece or 2 woollen jumpers
1 waterproof/shower- proof/rain jacket (ideally waterproof/shower- proof trousers too)
Socks
Woolly/fleece hat/gloves

Footwear: All children doing activities require a pair of trainers. Open- toed shoes are <u>not permitted</u> for safety reasons. For children doing water activities, an old pair of trainers is required for use on the lake (<u>children without suitable footwear will not be able to take part in the activities</u>).

Note: Children doing outdoor activities require old clothing: long-sleeved tops and long trousers for most activities, even in the summer months. Children will not be permitted to take part in certain activities if they do not have these. On activity days children require a number of different outfits. Clothing that dries easily is helpful. Woollen or fleece fabric are more suitable for the water sports activities as when they get wet they hold in warmth far better than cotton/denim fabrics.

EQUIPMENT

Please ensure that personal belongings/equipment has child name.

Vital	**SLEEPING BAG**
Vital	**TOWEL**
Vital	**Hair ties for students with long hair**
Vital	**Water bottle for use during activities**
Vital	**Pens &/or pencil for quiz and language modules**
Suggested	Working TORCH (a basic head torch is practical)
Suggested	Sun protection and or hat/cap
Suggested	Mosquito protection
Suggested	If on medication, a suitable carrier for the medication
	Please restrict luggage to one case plus one piece of small hand luggage.

<u>**Spending Money:**</u> This is not essential, but children may wish to have some money to spend on souvenirs or tuck. The amount is at the school's and parents' discretion.

Children require a sleeping bag and towel.
(Bedding and towels are provided for adults ONLY).