

KIT LIST

BELOW IS A LIST OF SUGGESTED ITEMS WE RECOMMEND FOR THE TRIP

CLOTHING

Night clothes (and tracksuit/jumper in cold weather)
A few changes of underwear
At least 2 thick jumpers/fleeces
At least 3 pairs of old trousers
Shorts (in warm weather)
At least 4 t-shirts
At least 3 pairs of socks
At least 2 pairs of trainers (1 for kayaking/rafting)
Waterproof jacket essential
Waterproof trousers (not essential)
Hat and gloves (for cold weather)
Swimwear (to wear underneath clothing during kayaking/rafting)

Students will also require a set of **old** dark clothing for one of the activities.

OTHER ESSENTIALS

Labelled strong plastic bags (bin liners) for wet and spare clothes
Plastic bottle for drinks (essential)
Sleeping bag and mat
Pillow and pillow case
Wash bag and at least 2 towels
Torch and spare batteries
Pencil

Mobile Phones

Mobile phones are not allowed.

Deodorants

It is advised that children bring roll-on deodorants rather than aerosol deodorants as these can often affect students with asthma and damage the tents.