

# PACKING LIST

Item	Number of items	Packed at home	Packed at centre
<b>Bedding – pillow and either sleeping bag (preferable) or bottom sheet, duvet and duvet cover.</b>			
<b>Small rucksack containing: Water bottle, hat, gloves, thick socks, mid morning snack and a disposable packed lunch</b>			
Underwear			
Socks (including long, thick socks for inside ski boots)			
Long Trousers (It's important that the students do not wear jeans whilst doing the activities for safety and comfort reasons)			
Bin bag for used clothing			
Long sleeved T-Shirts (required for archery and snow sports)			
Jumpers/Sweatshirts/Fleeces			
Warm coat			
Waterproof Trousers/jacket for orienteering (these are optional)			
Gloves (compulsory for snow sports)			
Warm woolly hat and scarf			
Trainers or other substantial footwear			
Old shoes (that can get muddy), walking boots or wellies			
Lip salve			
Wash bag including:			
- Toothbrush & Toothpaste			
- Sponge/Flannel			
- Soap / Shower gel			
Hair Ties (We recommend long hair is braided for the week to save having to wash hair!)			
Towels			
Water Bottle			
Book/Top Trumps/Cards for free time			
Cuddly Toy			