

PACKING LIST

| Item | Number of items | Packed at home | Packed at centre |
|---|-----------------|----------------|------------------|
| Bedding – pillow and either sleeping bag (preferable) or bottom sheet, duvet and duvet cover. | | | |
| Small rucksack containing: Water bottle, hat, gloves, thick socks, mid morning snack and a disposable packed lunch | | | |
| Underwear | | | |
| Nightwear | | | |
| 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 brush and 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 | | | |