

Lakeside Kit List

Clothes	Tick
Night clothes	
Underwear	
Pair of socks (including a few spares)	
Trousers / leggings (It is important that children do not wear jeans whilst doing the activities for safety and comfort reasons)	
T-shirts	
Long sleeved tops	
Jumper/sweatshirt/fleece	
Waterproof jacket/anorak with hood	
Waterproof trousers (or trousers that can get muddy)	
Gloves/hat/cap	
Trainers or other substantial footwear (i.e. walking boots)	
Old shoes (that can get wet and muddy) and wellies	
Slippers or indoor shoes	
Toiletries	
Wash bag and towel	
Toothbrush/toothpaste	
Sponge/facecloth	
Soap/shower gel	
Hair products i.e. shampoo/ conditioner	
Hair ties (for long hair)	
Sun cream	
Insect repellent (None which includes DEET)	
Other	
Water bottle (empty)	
Black bin liner (to bring muddy clothes home in)	
Torch/headtorch (with batteries)	
Packed lunch and snack for Wednesday ONLY	

N.B. If your child needs to take medicine or tablets to Lakeside please **do not** pack them in their bag/suitcase. They **must be handed to the teacher** on the morning of the trip, in a bag labelled with their name that includes clear instructions for dosage amount and frequency (this includes travel sickness tablets).

Asthma inhalers (blue) can be carried in a secure coat pocket by your child. Any other inhalers (brown) or ventilators that are required must be given to the teacher.