**What to pack….**

**The important thing here is... Do not take all of your best clothes! The activities will involve plenty of mud and water so this is no fashion show!**

* At least 5 t-shirts.
* **Plenty** of socks and underwear!!!
* Waterproof coat
* 2 jumpers / hoodies
* 1 pair of house shoes / slippers
* 2 pairs of trainers or walking boots for activities (one will be for the water

activities which will dry between sessions). Please note wellies provided!

* 2/3 pairs tracksuit bottoms or similar.
* 1 pair shorts for activities
* 1 pair swim shorts / swimsuit for under the wetsuits which are provided.
* 1 smart outfit for the disco.
* 2 towels and toiletries with **roll on deodorant**
* Any medication in a name labelled container (please see teacher on arrival)
* Optional –sun cream to be self applied.
* Book / deck of cards / magazine / torch / teddy.
* Nightwear which is suitable for sleeping (preferably not onesies!!!)
* Lunch box
* Water bottle