



Kit List

(5-day programme - bring less for shorter visits)

This page can be used as a **checklist** so that things can be ticked off as they are packed into your suitcase.

Arthog's Top Tips for Parents/Guardians

- **Involve** young visitors in packing so they learn how to pack and can see what they are taking with them.
- **Write names** on as many things as possible – we get lots of things left behind each week.
- **Do not bring** mobile phones, music players, computer games, jewellery and fashion clothes.
- **Bring a single bottom sheet, duvet cover and pillowcase.**
- **Practice** fitting a duvet cover before arriving!
- **Casual, warm** clothes are most useful. If clothes get wet they can be dried in the drying room. (We encourage youngsters to reuse dried worn clothes!)
- **Pocket Money** – Ask your school for advice but don't bring too much.

Avoid bringing:

- Jeans – they are not suitable for activities – they keep wet, and make you colder
- Sleeping bags,
- Aerosol deodorants or other sprays. Roll-on and stick deodorants are fine.

At Arthog, we will provide:

1. Waterproof jacket
2. Waterproof over-trousers
3. Walking boots
4. Rucksack

Please use the list overleaf to help with your packing. Good Luck!

Arthog Kit List

| NAME: | Tick |
|--|------|
| Bottom sheet, duvet cover & pillowcase | |
| 4-6 vests/t shirts | |
| 3-5 sweatshirt/jumpers/fleece tops | |
| 4-5 sets underwear | |
| 3-5 joggers/trousers | |
| Socks –at least 6-8 pairs of which 3 pairs are thick | |
| Warm hat / balaclava (<i>Cold months</i>) | |
| Gloves | |
| 2 pairs shoes/trainers | |
| Wellies | |
| Pyjamas & slippers | |
| Swim wear (April-September) | |
| Towel/soap/shampoo | |
| Toothbrush/toothpaste | |
| Small metal thermos flask (in Winter) | |
| Plastic drinks bottle | |
| 2 plastic carrier bags | |
| Sun hat | |
| USEFUL EXTRAS | |
| Sun Cream, | |
| Insect Repellent | |
| Lip Salve, | |
| Torch | |
| Plasters | |
| Stamps for postcards | |

If you need medication remember to bring it with you!