

Kit List

On the Wednesday.....A small rucksack containing a re-fillable drinks bottle, a few snacks and a **full PACKED LUNCH**

SLEEPING BAG and PILLOW – don't worry about sleeping mats as they are provided.

Pyjamas – not too revealing!

Crocs/ Slippers

Dressing Gown – useful when walking to and from washrooms and staying warm at night!

Teddy or some keepsake from home so you don't get too homesick!

Shower cap and flip-flops

Wash bag containing soap, flannel, toothpaste, toothbrush, shampoo, conditioner etc

Hand and Bath Towel

Hairbrush, bobbles and hairgrips

Sun cream, sunglasses and sunhat – just in case!

Waterproof Trousers and Waterproof Jacket

Warm Coat

Hat and Gloves – you never know!

At least **2 pairs of trainers or walking shoes** –you WILL need a spare pair. **You may want an old set of clothes/trainers just for kayaking as you will be in the water....!**

Jumpers

Long sleeved tops

T-shirts/ decent shorts

Trousers/Leggings – no jeans

Socks and pants!

Smart Clothes - if we're having a disco/party night you might want to dress up...

Plastic bags for dirty clothes and shoes.

Pack each daily set of clothes – including underwear - in separate plastic bags so it's quick and easy to get dressed in the morning.

Reading book, notebook and pencil case (optional)

Camera – for which you will be responsible (optional)

Pocket Money - £5 maximum. There may be a chance to get ice creams etc. from the shop

MEDICATION including any hay fever or asthmatic medicines - dosage to be clearly marked and all products named and handed in to group leader before departure.

Wherever possible please ensure that personal items are clearly named.

No mobile phones or other electronic devices are allowed.

No additional sweets or chocolate to be taken as The Mill has a 'no food' policy in the pods.