**Residential kit list**

* **Sleeping bag and Pillow**
* **Towel for showering and after activities**
* **Pyjamas**
* **Underwear & socks**
* **Warm, lightweight jumpers**
* **T-shirts**
* **Light, loose-fitting trousers**
* **One complete change of clothes to keep dry (just in case of poor weather)**
* **Old trainers**
* **Trainers or comfortable shoes for other activities**
* **Waterproof jacket**
* **Toiletries - shampoo / soap/ toothpaste etc.**
* **Warm hat**
* **Inhalers/Prescription medication**
* **Plastic water bottle**
* **Torch**
* **£1 coin for locker**

**Optional extras**

£5 maximum for sweets / souvenirs, small rucksack, gloves (this will remain the individual’s responsibility)

**Important Information**

**ALL MEDICATION MUST BE CLEARLY LABELLED WITH NAME, DOSAGE AND TIME REQUIRED IN AN ENVELOPE OR PLASTIC TUB AND HANDED IN TO THE TRIP LEADER ON THE DAY OF DEPARTURE**