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 (*Cold months)*	
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!

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