

Recommended items for residential	DO NOT bring the following items. They will be confiscated!
<ul style="list-style-type: none"> • Packed lunch (unless you have free school meals) • Refillable water bottle • A waterproof coat • Comfortable outdoor trainers/ walking boots and a pair of spare trainers suitable for walking and climbing • Pyjamas/nightwear (NOT shorts please) • Slippers • Toiletries • Underwear • Sensible clothes suitable for climbing (long - sleeved due to use of harnesses and ropes and short - sleeved etc (not new clothes!)) • Spare socks • Sun hat • Suncream • A bin bag or large carrier bag for dirty • Washing Towel (for the shower) • Toiletries (soap, flannel, toothbrush, toothpaste, roll on deodorant, hairbrush or comb, hair bobbles for tying up longer hair) • Plenty of socks • A book if you want to read • Colouring book, paper and pencils if you want to draw etc • Medication (form to be completed and handed into the office before we depart or on the day to the office, Mrs Lusty or Miss Edwards) 	<ul style="list-style-type: none"> • Mobile phones or any other communication device • Toys of any kind • Electronic games or gadgets • Fizzy drinks • Glass bottles/containers • Valuables • Sandals or open-toed shoes • Skirts or dresses (you need your legs covered for all activities) • Sweets/chocolates or biscuits • Hair dryers/straighteners • Make up • Aerosol deodorants (these will be confiscated as they can set off smoke alarms in rooms)