



CAERDEON CHECK LIST

So that the children can get the best from their participation in outdoor activities, it is important they are kitted out properly.

That doesn't mean buying the most expensive waterproofs or bringing along the latest designer label trainers, old clothes are the best ones, because new clothes don't usually come home in the same state!

CHILDREN WILL NEED TO BRING WITH THEM

- 6 changes of underclothing
- Warm layers. Lots of thin layers are better than one thick one, (fleece type tops are ideal)
- T shirts, or polypropylene (football type) tops make good base layers, some with long sleeves.
- 4 pairs of old trousers/ track suit bottoms
- 2 pairs of shorts
- Walking socks or/and every day, longer over the ankle socks, please **not just trainer socks.**
- Kagoul or water proof/coat
- Wellies
- 2 pairs of Trainers
- Swimwear
- Hats for sun and winter warmth (it's Wales, so you can get all 4 seasons in one day)
- Gloves
- Towel, Soap and Toothpaste/Brush, Flannel, etc.
- Night clothes & dressing gown
- Slippers
- Cuddly toy
- Hand sanitiser
- Sun Cream

The Centre will provide the following IF required.

- Waterproof jacket and over-trousers
- Day rucksack
- Fleece jumper
- Fleece hat
- Walking boots – though students often find their own boots more comfortable
- Specialist equipment for activities will be provided.

For Canoeing

- Very old trainers – that still fit!
- Old tracksuit, sweatshirt, etc.
- Swimming things and **extra towel.**

Plastic Bag to bring home wet clothing

A SOFT BAG. Preferably a soft bag rather than a suitcase will be needed to carry clothes to Caerdeon. A small rucksack for daily use.

MEDICINES.

Please remember to put travel sickness tablets, or any other medication in a plastic clear box with your child's name and any necessary instructions & hand into a member of staff on the morning of departure. Send spray or cream if insects are likely to affect your child. It is vital that all children bring sunscreen that can be administered by themselves. **NO MEDICINES IN BAGS**

If your child uses an inhaler they need to keep it with them at all times.

PLASTIC SANDWICH BOX and a drinks bottle with a good seal.

POCKET MONEY.

We suggest £20 as the maximum children are allowed to bring.

CAMERAS.

Children are allowed to take cameras but they will be expected to look after them. We would suggest disposable cameras and discourage expensive digital cameras.

MOBILE 'PHONES ARE NOT ALLOWED

NO SWEETS IN LUGGAGE

STAMPS.

If the children want to send postcards please make sure they have a number of stamps.

The children may bring one small cuddly toy.

PACKED LUNCH FOR DAY OF DEPARTURE

(No glass bottles please).

ALL CLOTHES, SHOES AND TOILETRIES MUST BE MARKED WITH YOUR CHILD'S NAME.

Don't forget to bring lots of enthusiasm!

