



KIT LIST

Below you can find our recommended kit list. We do stress that it is not necessary to go out and buy all new and expensive kit to come on our courses. So long as you have a sleeping bag and roll mat, torch, appropriate footwear and some warm clothes you will be fine, but just to be sure we have outlined the key items of kit below.

Large Rucksack (or alternative bag/suitcase)	Towel
Small rucksack for daytime away from camp	Warm sleeping bag
Wash bag including toothbrush, toothpaste and face wipes	Pillow (optional)
Roll Mat	Warm hat (weather dependent)
Tracksuit/hardwearing trousers x 2	Gloves (weather dependent)
T-shirts x 3	Whistle (optional)
Warm jumper/fleece x 2	Water bottle (essential, should keep for the duration)
Waterproof jacket and trousers	Good torch with fresh batteries
Warm socks x 3	Insect repellent
Footwear x 2- e.g. walking boots, old trainers	Sun cream (weather dependent)
Wellington boots (weather dependent)	Sun hat (weather dependent)
Eaton Bank PE hoodie (to travel in)	Alcohol Hand Gel
Nightwear or pyjamas	Your favourite teddy bear! (Optional)
Underwear for the three days	

You must NOT bring:

Mobile phones

Valuable items

Clothes that you will be upset about if they get dirty

Sweets or snacks, particularly those containing nuts

Other Information

Any medication must be **clearly labelled with your child's name and dosage information** and handed in to Mrs Andrews on Wednesday morning. Travel sickness tablets must be taken in advance of the coach journey. Please supply travel sickness tablets, clearly labelled, for the return journey also.

Emergency Contact

Day time contact- Call Eaton Bank Academy: 01270 27300

Evening contact (to be used **only in an emergency**): 07825 837355