

Horstead Centre Kit List

The following needs to be packed into a suitcase or a suitable sized travel bag.

Water Activities

We have 2 water activities- old clothes are recommended for these activities.

Please can the 2 sets of water activity clothes be placed in separate labelled carrier bags inside your child's case.

- 2 x T-shirts
- 2 x Joggers / leggings
- 2 fleece / warm top
- old plimsolls/ trainers or wet shoes (no crocs or flip flops)
- Sun hat or old woolly hat.

On water based activities, children must have something on their feet at all times so please do not send their newest pair of trainers, crocs or flip flops, send old trainer / plimsolls that can get wet, or wet shoes!

Jeans are very heavy when wet, and do not dry very quickly, please do not send them to be worn on water activities.

Clothes

- Trainers x 2 + **waterproof shoes/plimsolls.**
- 5 x pairs of socks
- 5 x Underwear
- 5 x Pairs of trousers (Tracksuit bottoms are ideal)
- 2 x Pairs of shorts (weather dependent)
- 5 x T – shirts (No vest tops)
- 2 x Thick jumpers
- 2 Fleeces
- **Waterproof jacket / warm coat**
- Pyjamas
- Warm hat, gloves and scarf (weather dependent)

Please name all of your child's belongings

Toiletries (In a wash bag or plastic bag)

- Toothbrush
- Toothpaste
- Shampoo
- Soap
- Shower Gel
- Roll on deodorant (No sprays)
- Hair bands (Girls)

General Equipment

- **Warm** sleeping bag
- Pillow
- Several plastic bags (Black sacks are ideal)
- **2** large towels
- £10 spending money in a named purse / envelope (to be handed in to staff Wednesday morning)

Please name all of your child's belongings

Medication

- Any medication (with instructions for use) - *CF
- Travel sickness medication – for both journeys (With instructions for use) - *CF

Items not permitted

- Mobile phones
- Any electric equipment (MP3, PS2, etc)
- Fizzy drinks
- Deodorant sprays (may induce asthma attacks in confined spaces)
- Chewing gum
- Jewellery (Except 1 pair of small stud earrings)
- **No edibles that contain citrus acid or nuts (please check as we have children who are allergic to these substances)**

Items marked *CF – will require consent noted on the consent form. If the items are not noted on the consent form your child will not be allowed to use the item.