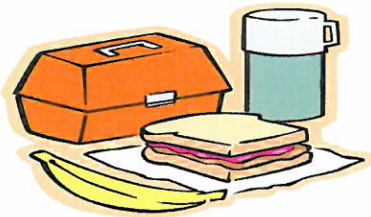


What do I need to take with me?

Required medicine(s), inhaler etc



Packed lunch for Day 1 brought in a carrier bag that can be recycled  
Empty water bottle to fill throughout the trip during activities



**CLOTHING:**

Coat or waterproof jacket  
Trousers, t-shirts, jumpers etc.  
Socks and underwear  
Outdoor shoes / trainers  
Clothes you don't mind getting dirty or wet  
Disco dancing gear!  
Night clothes  
Wash kit, toothbrush, toothpaste, towel  
Sunhat / cap  
Sun cream



Cuddly toy & book / comic

£10 spending money:  
(1 x £5.00 note and £5.00 in £1.00 coins  
in a named envelope)

