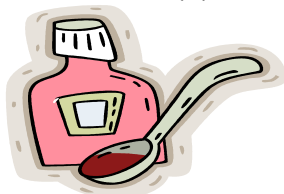


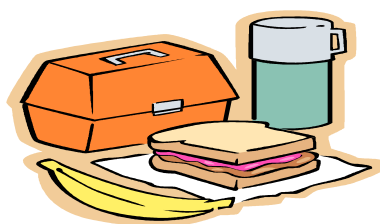
What do I need to take with me?

Required medicine(s), inhaler etc



Packed lunch and drink in a disposable bottle/carton for Day 1 - all 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, shorts, 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

A small rucksack



for Day 2

£15 spending money:

(2 x £5.00 note and £5.00 in £1.00 coins
in a named envelope)

