

Suggested Kit list for 5-day residential courses

The following list will help you pack your child's bag before they come to The Towers. It is designed to help you think about what your child needs to bring.

We suggest you include your child in the packing so they know what they have brought with them for their stay.

If the course is less than 5 days then please reduce amounts listed overleaf.

Top tips for parents/ guardians

- Involve your child with the packing so they learn about packing for a trip away and they also know what they have brought with them
- Label everything so that your child can identify it. You would be amazed at how much is left behind
- Casual, warm clothes are best
- Do not send expensive clothing with your child as it may get damaged or lost. We cannot be responsible for personal belongings
- Clothing will get dirty and wet at times so please be prepared for that on their return. We do have a drying room that will be used during the week
- Torches – Useful if your child is coming during the Autumn/Winter period
- During the warmer months please make sure your child has some sunscreen and a hat with them. As we tend to be outside all day, we do not like young people wearing vests or strappy tops as shoulders get burned easily
- Ensure that cameras are waterproof and inexpensive. Disposable cameras are best
- Mobile phones, Music players and personal games consoles are not needed at The Towers. They will be too busy! We are also not responsible for storage, loss or damage of these items
- Please avoid bringing aerosol and other sprays. Roll on type deodorant are fine
- Pocket money – Please ask your school for advice on this

What to pack...

Item	Tick
4-6 T-shirts	
3 - 5 Jumpers/hoodies/fleeces	
3 - 5 Joggers/ leggings/Trousers (no jeans for activities)	
6 - 8 sets of underwear Socks - at least 6-8 pairs of which 3 should be thick for use in boots/ wellies	
Pyjamas	
Woolly hat and gloves	
Shoes - <ul style="list-style-type: none"> • 1 pair of indoor shoes/ slippers • 1 pair of old outdoor trainers which can get wet and dirty. • 1 pair of wellies • 1 pair of walking boots 	
Towel <ul style="list-style-type: none"> • 1 for activities • 1 for showering 	
Wash bag with personal hygiene items. (No aerosols)	
Sunscreen and hat	
Reusable drink bottle (at least 1 litre)	
Lunch box (preferable rigid plastic, chiller bags get squashed easily)	
2 plastic carrier/ bin bags for dirty clothes	
Any medication such as an Inhaler, EpiPen (Labelled with your name on it)	

What kit does The Towers provide:

Each student will be issued with a peg number where they will find the following items of kit which they use and look after for the duration of the trip.

- Waterproof Jacket
- Waterproof Trousers
- Thick Fleece
- Rucksack
- Mug

The students will also be issued with the appropriate safety equipment for each activity they undertake.