



PACKING CHECKLIST

A PACKED LUNCH IS REQUIRED FOR YOUR JOURNEY ON THE DAY OF DEPARTURE

Bedding

- Sleeping Bag or blanket
- Pillow

Clothing

- Supply of underwear for 6 days
- Shorts
- 1 Long trousers for hiking
 - Jersey in case of chilly evenings
- Closed shoes or trainers for hiking
- T-shirts
- Pajamas
- Swim suit plus hat and goggles (optional)
- Cap or Sunhat
- Reading book

Toiletries

- Shampoo and soap or shower gel
- toothpaste and toothbrush
- Hairbrush/comb
- towel: for swimming and for bathing
- Insect repellent
- Sunscreen
- Plastic bag for dirty laundry
- Water bottle
- Flashlight with fresh batteries
- 1 pair of flip flops (for the shower)

Medication

- All medication must be packed in original packaging and ensure there is enough to last 5 days.

Please ensure that you have highlighted to the Camp Director if your child has anything other than an inhaler pump.

Please ensure that all items are labeled, we will do our best to ensure that lost items are returned to the owner but we cannot take responsibility for items lost; for this reason, it is best to leave valuables at home.

You may bring your phone for its camera, but there will be no access to the internet

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