

Dalguise Kit List

Below is a list of items we suggest for a 4 day activity course:

- Night clothes – one cosy set and one for if the room is warm
- Changes of underwear (enough to allow for getting wet)
- At least 2 thick jumpers/fleeces – one of these should be long enough to reach the top of your thighs
- At least 3 pairs of old trousers
- At least 4 t-shirts – short and long sleeves to allow layering
- A base layer if your child has one
- At least 6 pairs of socks (thick not trainer liners)
- At least 2 pairs of trainers (one to keep dry and one that can get wet)
- Wellies or walking boots if you have them
- Pair of slippers or Ugg type boots to keep dry in the dorm for evening wear
- Waterproof jacket – we recommend something thigh length
- Hat and gloves
- Labelled strong plastic bags (bin liners) for wet and spare clothes
- Plastic drinks bottle
- Sleeping bag
- Pillow and pillow case
- Wash bag and at least 2 towels
- Torch or cheap head torch
- Hairdryer – if your child has long hair
- Book to read or a small game (e.g. Top Trumps) or paper and pencil case – for the dorm in the evening.

Your child will get wet and muddy – please don't send anything expensive. Brand new and expensive items should be left at home. Old, casual and easily washable clothes are highly recommended. It is well worth looking in the charity shops. Jeans are not allowed to be worn for activities, as they provide no warmth when wet and are difficult to dry.

Please limit luggage to one case/bag per person and one item of hand luggage for on the bus. (Children have to carry their own luggage from the bus to their accommodation)

All clothing should be marked with the pupil's name and school.

Mobile phones – pupils are not permitted to bring mobile phones (or other valuable/electronic items) as they can easily be lost or damaged. Parents are also asked not to call the centre except in an emergency. In the first instance parents should contact the school office.

Deodorants – pupils are asked to bring roll-on deodorants rather than aerosol deodorants as these can often set off smoke detectors.

Pupils are not permitted to bring electrical appliances except for hairdryers which pupils with long hair are encouraged to bring so that they can dry their hair after a wet activity and before they go outside again. No straighteners please! And nothing else that needs to plug in.

Children should not bring cameras – school staff will take photos and share with home.

All medicines must be handed to a member of staff prior to departure with pupil's names and dosages clearly indicated. You will be asked to complete a medication form.

At your discretion, you can send your child with up to £8 spending money. It is helpful if you send this in coins not notes. This is enough to cover a daily visit to the tuck shop to buy sweets/drink and also the purchase of a small gift at the end of the week. No other money, sweets or tuck should be taken – in my experience, the children eat better at meals and sleep better at night if they have not had access to lots of tuck through the day.

Please don't buy a sleeping bag specially for the trip. I haven't booked bedding to keep the costs down but if you buy one, the cost ends up being passed onto you anyway. Friends or family might have one you can borrow and if they don't, please let me know and I will help.

Lucy Jess