

Kit List for Children visiting the Lake District Tented Village Residential :

- 1) Sleeping Bag (we can supply these but bring your own if you think you will be more comfortable)
 - 2) Pillow and Pillowcase
 - 3) Appropriate night wear (PJ's or Onesie)
 - 4) Boots (we can provide these, but if you have your own bring those)
 - 5) 2x Outdoor shoes or trainers (Please remember one pair will be wet most of the week)
 - 6) A warm fleece jacket
 - 7) At least 2 pairs of tracksuit bottoms, thick leggings or equivalent- **ABSOLUTELY no denim or heavy cotton material**
 - 8) At least 3 t-shirts
 - 9) At least two jumpers, sweaters or long sleeved tops- in summer the children will still need to cover their arms for some activities so a light weight long sleeved t-shirt/football shirt may be more appropriate.
 - 10) Comfortable clothes for the evening (warm and cosy, not PJ's)
 - 11) Enough changes of underwear and socks for your stay (no trainer socks as they cause blisters)
 - 12) At least one pair of thicker socks (sports or hiking socks) to be worn inside wellington boots.
 - 13) Toiletries (Basic) and towel
 - 14) Swimming costume (to be worn under wetsuits)
 - 15) Gloves and a woollen hat plus a sun hat for the summer
 - 16) Plastic bin liner (x2) for wet and dirty clothes
 - 17) Midge spray & sun cream SPF 30+ (optional-April onwards)
 - 18) Camera (optional)
 - 19) Torch (optional but nice to have in the tent)
 - 20) Please note that clothes worn on the activities will get wet and muddy.
 - 21) Children must be able to carry their own bag to and off the bus.
- We will provide the following:**
- 22) Waterproof jacket waterproof trousers, boots, rucksacks but please bring your own if you have them!
 - 23) Any specialist equipment for the activities