

## Boggle Hole Residential – Year 4 Kit List

### CLOTHING AND EQUIPMENT LIST

The quantity of clothing you bring will always depend on your visit duration and chosen activities. Generally, participants will be encouraged to wear clothing in layers, according to the time of year and prevailing weather conditions (3 or 4 layers on the upper body are normal for most activities). Synthetic, rather than cotton, material is commonly regarded as being more effective as a base layer (next to the skin).

Denim jeans are not suitable for outdoor activities but are ideal to be kept for evening indoor recreational use.

A suggested check list is as follows:

Item	Quantity	Remakes
Towel	2	One for shower and One for the beach
Night wear	1 set	Suitable top and bottoms
Underwear	As required	Pack spares
Thicks socks	2	For day walk/hikes
Trousers	2	Tracksuit/walking trousers – NO Denim
T-shirt/tops	2	No crop tops
Sweaters	1	Fleeces/hoodies/woollen jumpers
Waterproof Coat	1	Outdoor Coat
Swimming Costume	1	Suitable swimming costume to get wet
Indoor footwear	1	Suitable indoor shoes
Footwear	2	1 pair to get wet and a dry walking pair of shoes
Small Rucksack	1	For day walks/spare clothing
Torch	1	
Drinks bottle	1	
Sun cream	1	Appropriate and suitable protection required
Insect repellent	1	
Hairclips/scrunches to tie long hair back during activities	5	
<b>Additional Items</b>		
Medication	A medical form will need to be filled out and discussed with a member of staff if your child requires medication while they are away.	
£5 in a envelop with your name on	Ice cream/Souvenir shop	