

# THE DEEP SLEEPOVER – Y3 & Y4

## Suggested Kit List

Sleepovers at The Deep are 'indoor camping', so you will need all of your bedding kit!

- ☐ **Packed supper and drink including any cutlery needed.**
- ☐ **Sleeping bag**
- ☐ **Sleeping mat**
- ☐ **Pillows**
- ☐ **Pyjamas, onesies, dressing gowns, slippers**
- ☐ **Wash bag and kit**
- ☐ **Clean clothes for the next day**



Leaders can bring camping mattresses or other bedding. The Deep has some sleeping mats available if children do not have access to them.

Supper time is generally after the guided tour, at around 8.30pm, so it is advisable that you have something to eat before arriving at The Deep. Suppers to be packed in one packing up bag/container. Don't forget to put a name on!

Onesies are great because they're good for modesty, comfort and warmth BUT the floor surface is smooth and therefore footwear is advised when walking about as feet in onesies can be slippery. The Deep's air-conditioning/heating system will be set throughout the night to a temperate level and works hard to maintain this. With such an unusual building design we find, however, that the temperature can fluctuate away from this in sleeping areas (both up and down) depending upon factors such as how busy the building has been during the day, outside prevailing temperature and where you are in the building in relation to vents/air-con units. We suggest, therefore, that you have 'layers' of clothing to hand that you can put on or take off during the night for your comfort.

- ☐ **Medical items (to be handed to the appropriate group leader).**
- ☐ **Teddy bear**
- ☐ **Refillable water bottle. (For leaders, refillable travel mug also)**

**Top tip! Pack lightly and in strong bags! You may need to carry your kit to the sleeping area, which might be up stairs!**



Fridges are available if any medicine that needs to be kept in cold storage.



Don't forget to label all belongings with your name!

