Tick each item when you have put it in your travelling bag. Pack all items in one main bag. **No hard shell suitcases please (directions from the bus company).**

**NOTE: MAKE SURE EACH ITEM IS NAMED**

**Footwear:**
--- 2 pairs of closed toe, comfortable shoes
--- 1 pair slippers/indoor shoes

**Clothing:**
--- 3 pairs jeans/tracksuit pants
--- 3 T shirts
--- 2 warm jumpers/windcheaters
--- 4 sets underwear
--- 1 waterproof coat in case of rain
--- 1 or 2 pairs of pyjamas/nightie/tracksuit
--- 4 pairs socks
--- Hanky/small box of tissues
--- 1 beanie
--- 1 hat/cap

**Toiletries:**
--- 1 face washer
--- 1 towel
--- toothpaste and toothbrush
--- brush and/or comb
--- shampoo (small size)
--- toilet bag
--- plastic bags for dirty clothes
--- soap
--- roll on deodorant (please no spray – asthma trigger)
--- lip balm

**Equipment:**
--- sleeping bag, pillow slip and pillow (optional)
--- fitted mattress cover: single bed (optional)
--- **torch**
--- camera (optional)
--- back pack or school bag to be carried on the bus, book to read, pencils/pens, camera, note book and **lunch for first day**
--- re-useable drink bottle
- **DON'T BRING IPODS, MP3 PLAYERS, ELECTRONIC GAMES, MOBILE PHONES, MONEY, LOLLIES**
- **CHECK THAT ALL THINGS ARE NAMED.**
- **HAND ALL CLEARLY LABELLED MEDICINE TO ALLIRA OR VIRGINIA PRIOR TO DEPARTURE**