

Calshot Kit List 2019

	Tick once packed
Several complete changes of warm casual clothes e.g. tracksuits, leggings, fleeces/jumpers, t - shirts. No jeans or vest tops. (A long sleeved top will be needed for skiing)	
Sufficient underwear and socks (including a thick pair for skiing)	
Nightwear	
One small soft toy	
Bedding - single duvet cover, pillow case and bottom sheet (Pillows and duvets are provided)	
Waterproof coat	
Wash kit including toothbrush, toothpaste, shower gel and shampoo (no aerosol deodorants please) and towels (one hand towel and one bath towel)	
Hat and gloves (for activities as well as cold weather!)	
Sun hat/cap	
Sun cream (for sunny days and when we are on the water)	
Lip balm	
Hair scrunchies to tie back long hair	
Sturdy footwear (more than one pair in case we have a wet trip)	
Swimming costume/swimming shorts (to wear under a wetsuit)	
T-shirt (to wear under a wetsuit)	
An extra towel (for after water sports)	
Old trainers/beach shoes to wear during the water activities (they will get wet)	
Bin bag for wet/muddy clothes	
Water bottle	
Small rucksack	
Reading book and 1 small game (pack of cards/Uno/Top Trump cards etc)	
<u>Optional items</u>	
Torch	
Clock/watch (there are no clocks in the rooms)	
Camera (not a phone with a camera)	

Please do **not** send any money, any electrical items
(including mobile phones) or any food items.