

Kit List – YMCA Lakeside - Year 10

Underwear and socks

T shirts and a sweater (3 layers is recommended)

Old trousers (try to avoid jeans)

A pair of old trainers

Waterproof/ windproof jacket

Woolly hat (Nov-Apr)

Gloves (Nov-Apr)

Torch (optional)

Essential: plastic water bottle (an old drinks bottle will suffice)

Night wear

Indoor shoes/slippers

Towel x2 (one for showers, one for any water based activities)

Personal wash kit

You may consider bringing sun cream, lip balm, spare plastic bag for any last minute damp clothing.

Pocket money (£10 maximum)

Please **do not** bring telephones and electronic games

Do not bring aerosol sprays (they set off the fire alarms)

If the children are involved in packing we find that they have a much better idea of what they have with them. It is very helpful if you can label clothes in some way as we can then return all items to their owners. We often have many unclaimed items at the end of trips.

What is provided?

All food, specialist clothing and safety equipment.

Please note that whilst we recommend students bring the above, there is no need to go to any extra expense purchasing water proofs or shoes as they are provided at the centre if needed.