

# Sleepover Kit List (Suggestions)

Your Son/Daughter will need to bring his/her own personal equipment  
(the following list is just a guide).

<input type="checkbox"/> Full Uniform.	See Notes 1 and 3	<input type="checkbox"/> Kit Bag	see Note 2
<input type="checkbox"/> Trousers		<input type="checkbox"/> Sleeping Bag	See Note 3
<input type="checkbox"/> Warm Sweater	See Note 3	<input type="checkbox"/> Carry Mat	See Note 4
<input type="checkbox"/> Clean Underclothes	See Note 3	<input type="checkbox"/> Cuddly Friend	See Notes 3,4 & 5
<input type="checkbox"/> Clean Socks	See Note 3	<input type="checkbox"/> Personal Wash Kit	
<input type="checkbox"/> <b>Suitable Coat</b>	See Notes	<input type="checkbox"/> Any medication required should be passed to the	
<input type="checkbox"/> Pyjamas	See Note 3	Leader in a polythene bag with your child's name on	
		and details of instructions written on the Health Form!	

## General Notes

1. We would ask that your Son/Daughter have their FULL uniform (Shirt and Necker).
2. Black bin bags are not suitable for bedding rolls as they tear very easily, with the result that the contents get lost or soiled in transit.
3. Please place wash proof name labels in all clothing, which should have your Sons/Daughters Name and Group.
4. A small pack of baby wipes will help if your child does not wish to wash or shower!
5. Please label with either indelible ink and/or engraving as appropriate, with your Sons/Daughters Name and Group. (The old favourites of paper labels held on with Sellotape, or nail varnish dots are not suitable. The paper labels wash off after the second or third meal, and it's amazing how many mums use the same shade of nail varnish).
6. **No electronics, mobile phones, games or similar items** (i.e. radio's or music players) to be brought to camp, items may be confiscated and the Group will not be accountable for any loss or damage!
7. **No penknives or toy weapons at all.** Any such items will be confiscated and the Group will not be accountable for any loss or damage

## Equipment Notes

Here is some basic information regarding some of the items you may require.

- **Sleeping Bags** - Synthetic filled bags are easier to clean than natural filling. Zips can be a source of cold if no baffle is fitted.
- **Footwear** - Boots give a better ankle support and normally have better soles than shoes. However if your son/daughter does not have these then any appropriate footwear for walking!
- **Warm Wear** - As mentioned above, a number of layers is warmer than one thick one and the warmth can be regulated more easily - do not forget your hands and head. So a couple of T-shirts with one sweater would be better than several sweaters!

**If you have any questions or concerns, please see you child's section Leader**