

The Loft: what your child should bring for their stay.

Clothing in context

The children will have an active week that includes a mixture of indoor and outdoor activities, indoor and out. We suggest that you send your child with *old clothes* which neither you nor they mind getting dirty. Outdoor activities take place every day and our experience is that the children manage to get muddy – and thoroughly enjoy doing so – no matter what the activity. In winter the clothing they bring should be enough to keep them warm outdoors, including after dark (e.g. for camp-fire and night-walk), and with enough changes for each day of their retreat. In summer it is likely to be warmer, but it is better to be prepared for both dry, sunny weather and wet, cold weather.

What your child should bring

This is not an exhaustive list, but covers what we consider to be essentials (unless specified as optional)

- Torch
- Sleeping bag (a liner can add extra warmth and is easy to clean)
- Wash kit (soap, toothbrush, toothpaste)
- Towel
- Indoor shoes (e.g. slippers)
- Outdoor shoes (that they or you don't mind getting muddy/dirty)
- Plenty of socks
- Changes of underwear
- Outdoor trousers – warm ones that they don't mind getting dirty.
- Warm layers (e.g. fleeces, coats, jumpers)
- Waterproof jacket
- Game (non-electronic)
- Pocket money for tuck-shop (maximum 50p per evening)
- Camera (optional – better a disposable to avoid too many tears if it gets broken or lost)
- Plastic bags for dirty clothes and shoes

Seasonal variations

Winter

Warm hat, gloves

Summer

Sun hat (e.g. baseball hat)
Sun cream

Things to avoid

It is likely that your child's school will have a policy on expensive items such as mobile phones, MP3 players and jewellery on school trips. We recommend that your child does not bring such items, primarily to avoid them getting lost. We do not allow the use of mobile telephones during activities and a payphone is available in The Loft.