

Personal Kit List:

C29 Outdoor Activities: XP School XP East School: 2nd and 4th July



The Kit list below is **MANDATORY!** If you have any queries about it, please speak with your Crew Leader. Students will be on outdoor activities for a day and will need to wear the appropriate clothing. The list is what they need to wear or bring on the day.

PERSONAL KIT:	Tick
Plastic Water bottle (filled with water) 1-1.5L at least	
Packed Lunch This needs to be a substantial lunch as students will be doing physical activities. <i>This will be provided for students who are eligible for Free School Meals.</i>	
Rucksack (needs to carry waterproofs, water bottle, lunches).	
Plastic carrier bag (to keep items dry inside the rucksack as they will not be waterproof and one for putting wet shoes in)	
Clothing - students should wear clothes that they don't mind getting dirty. Please ensure clothing is weather appropriate	
Waterproof layers (This can not be just shower proof or a fashion coat) You will need waterproof trousers also.	
Walking Boots / Trainers - please ensure these are comfortable for walking in	
Sun hat	
Sun cream	
Insect repellent	
Personal medication such as inhalers, antihistamines	

Please note the following:

- **Denim clothing is not allowed.** This is because when cotton gets wet it stays wet for a long time. Man made fabrics such as synthetic, nylon, polyester or natural fabric such as wool are better for outdoor expeditions.

Any equipment or kit supplied by the school to groups or individual students must be returned in the same condition it was given out or a charge may be incurred.