

RECOMMENDED CLOTHING LIST

WHAT TO BRING

- Luggage:** Please restrict this to one case plus one piece of hand luggage. Metal framed rucksacks should be avoided as they are difficult to fit into the coach.
- Spending Money:** This is not essential, but children may wish to have some money to spend on souvenirs (i.e. T-shirts or postcards) or sweets, drinks. The amount is at the discretion of school and parents, but we would advise no more than 75 Euros – (already changed into local currency please).
- Torch:** The children may find this useful.
- Bedding:** **Children only require a sleeping bag & pillowcase.**
- Towels:** **All children require their own towels for personal use.**
- Clothing:** Please ensure all clothes; shoes, bags etc are named, so that if they do get lost, we can forward them to the owner. For children doing activities they require old clothing. The children will require long sleeve tops and long trousers for a number of activities even in the summer months. They will not be able to take part in certain activities if they do not have these. On an activity day the children would require a number of outfits. Clothing that dry easier would be helpful.
- Clothing List:**
Adventure Groups
- 2 pairs of old trainers
 - 3 pairs of old tracksuit bottoms
 - 3 (at least) long sleeve tops/ sweatshirts
 - 1 fleece or 2 woollen jumpers
 - 1 waterproof/splash proof/rain jacket (ideally waterproof/splash proof trousers also)
 - 1 towel
 - Woollen Socks
 - Woolly/fleece hat/gloves
 - Hair ties for students with long hair
 - A carrier for any medication
- Sun Protection:** If visiting le Château in the hot summer, please ensure that children have sun protection and a peaked hat/cap you may also find mosquito repellent useful
- Footwear:** All children doing activities require a pair of trainers (Open toe shoes are not allowed for safety reasons. For children doing water activities an old pair of trainers is required to wear on the lake (children without suitable footwear will not be able to take part in the activities).

, & the local swimming pools along with a towel and a carrier bag.

Items Discouraged: Radios, stereos, CD/mp3 players, mobile phones & game consoles. Please note these items are not allowed to be taken to activities and the centre accepts no responsibility for loss, breakage or misuse of this equipment.

Other useful items: Water bottle for use during activities. Pens & pencils for quiz and language modules.

NOTE: **Woollen or fleece fabric are more suitable for the water sports activities as when they get wet they hold in warmth far better than cotton/denim fabrics.**