

## SPIERS BANK HOUSE 2023

### Kit List

***Please bring a packed lunch and a drink in a named disposable container on the first day.***

Sleeping bag

Pillow case

Sheet (waterproof if needed)

Towel

Pyjamas/nightdress and dressing gown

Washing kit including soap, toothpaste, toothbrush etc.

Underclothes (at least 3 changes)

Socks

Trousers and jumpers or tracksuit (needed on the first day as we are walking through fields at Dalby Forest)

Shorts and T-shirts

Jumpers/ sweatshirts

Bedtime cuddly

Suitable outdoor shoes – These are very important as it can be very muddy.

Indoor shoes

Waterproof with hood

Torch (optional)

Medicine (if required) - *(these should be named and handed in to the staff prior to departure)*

Sun cream – named please

Sun hat

### **PLEASE NAME EVERYTHING**

*Please do not send any new clothes as we cannot guarantee the condition they will come home in!*