

What to take ON THE COACH:

Travel outfit:

Lounge wear – leggings/ joggers, t-shirt, zip up hoody,
comfy 'worn' trainers.

Long hair would be better braided.

Small ruck sack for Day 2– a change of clothes - shorts, clean t-shirt, sun cream and sunglasses

Foldable waterproof coat

Sun hat/ cap

Small packs of wet wipes and tissues

* *Spare underwear if prone to accidents*

Cross the body bag or bum bag - containing spending money/ card/ disposable poncho

Carrier bag:

Packed meal suitable for eating in night/breakfast

Small packets of sweets

Refillable drinks bottle (name label)

In small case - UNDER THE COACH:

Comfy Shorts x 2

T shirt x 2

PJs and slippers

Spare hoody/ zip up hoody

Spare leggings/ joggers

Spare cap /sun hat

Crocs/ Sandals (NO FLIP FLOPS)

Underwear

Hair brush / hair bobbles

Toothbrush

Toothpaste

Flannel

Shower gel

Shower cap so hair isn't wet!

Sanitary products if required (*discretely alert MRS ASHWORTH if child is likely to have a period*)

NO AEROSOLS

(Mickey Mouse/ Minnie Mouse Ears)

(STRICTLY NO VEST OR CROPPED TOPS)

Mobiles/ Electronic devices – children must not bring these except the children who have Type 1 Diabetes as their phones link to their pumps. They will need chargers and a Euro adapter for the sockets.