### What to bring to Camp

## **Bedding**

- Sleeping bag
- Ground mat /ground sheet/ single inflatable bed
- Pillow

### **Snacks**

- Meals breakfast, lunch and dinner will be provided.
- Please do not bring nuts to camp due to the number of children with allergies.

### **Personal items**

- Toothbrush / Toothpaste ,cup
- Shower gel/ soap/ shampoo
- wash sponge
- body lotion / cream
- Deodorant
- Comb/ Brush
- Towel & facecloth
- Toilet bag
- shower shoes/ flip-flops
- Feminine products -girls
- personal medication, with name, instructions and storage\*\*
- tissues
- Paper copy of the Bible
- Notebook & pen
- Dressing gown
- Underwear, socks
- comfortable walking boots, trainers
- Nightwear
- jeans, jogging bottoms, cargo trousers or shorts (6)
- T shirts (6)

# NB one pink or white t-shirt for girls, and one blue or black t-shirt for boys for gender specific electives

- jumper, cardigan, sweatshirt, or jacket
- backpack or belt bag worn around the waist
- Insect repellent e.g. Anthisan
- Sunscreen
- sunglasses, sun hat, hair bands, bandanna
- Torchlight with batteries
- <u>U</u>mbrella or Raincoat
- trainers for sports events

### \*\*if you are on any medication, please inform the camp director

# **Mobile phones**

- Camp is a mobile phone free zone. Mobile phones are required to be turned off and handed in at the check-in desk where they will be placed in an individual labelled envelope, with full name, stored in a container with a lid, and locked away in a secure area.
- The church office or camp leaders may be contacted for assurance or in an emergency.

### **Miscellaneous**

- Phone charger for when phone is returned may be required.
- notebook & Pen
- spending money no more than £10
- Please leave valuable items at home