



RAW 2019 SUGGESTED KIT LIST

Please make sure all kit is clearly marked with your name – even small items.

Medicine

Please mark clearly any prescription medicine and instructions for administration, including epi-pen, inhalers and travel sickness pills and pass to the lead adult on the coach (or at the centre if making your own way) – this is vital for the safety of ALL the children.

Clothing

Old clothing is best during activities clothing will get wet and/or dirty so if your child is unlikely to wear an item more than once please provide adequate amounts, it may help to stress to your child that as long as the clothing is dry it can be worn more than once. There are drying facilities at the centre but children are responsible for their own clothes being hung up!

- Trousers or tracksuit bottoms to wear on activity sessions, **jeans are not suitable**.
- At least two pair of trousers for indoor wear, jeans are suitable.
- T-shirts
- Shorts
- Sweatshirts or jumpers for indoor and outdoor wear.
- Plentiful supply of underwear and socks (Bring thick socks for wearing on activities).
- Warm jacket for use on activities. Waterproof jacket and trousers if possible. (if not available the centre may be able to supply these)
- At least one pair of old trainers or boots for use on activities plus if possible a pair of Wellington boots. (centre may be able to supply these)
- One pair of shoes or slippers for indoor use.
- A warm hat for evenings.
- Torch and spare batteries
- A pair of trainers to wear in the water should be included. These may stay wet for several days.
- Swimming Costumes

Washbag:

- Soap, towel, shampoo, toothbrush, toothpaste, hairbrush/comb

Extras:

- Day size rucksack to carry waterproofs, lunch, drink, etc.
- Water-bottle (unbreakable)
- Black Bin Bags for wet/dirty clothing
- Dressing Gown, preferably terry towelling to help at shower time
- 2 extra towels one for indoors, one for outdoor activities (plus small one for hair if possible)
- Lots of hair bobbles and scrunchies to tie hair up in activities, also useful to help with some activities as they can be used to attach 'hands' to oars etc
- Stump Socks if available even if your child doesn't wear a prosthetic these can protect the end of their arm/hand when climbing, a glove or ordinary thick sock can achieve similar protection
- Insect Repellent and bite cream – Avon Skin-so-soft oil is inexpensive and really works!

- Sunscreen – at least factor 30, ideally 50, waterproof 12 hour protection is good.
- Travel sickness pills if needed –there is travelling during the week in addition to the journey to and from Thirsk.
- Carrier bags – these are great for helping get wetsuits over feet more easily.
- Small amount of spending money for snacks, drinks etc we suggest £2-3 day.

All items brought on camp will be the responsibility of the child and although we will endeavour to do our best to make sure they bring back everything we can not guarantee this nor be held responsible for lost items so please do not send anything of any value or importance.

Mobile phones/ipods etc may be bought, at own risk, please be aware that access to them will be restricted once at the centre and signal around the centre is very poor. We would once again ask that parents **do not** try to contact the children too often, as this is very unsettling for all. You will be contacted if there is a need and can use the contact number given on the confirmation details.

All items should be labelled with your child's name.