

Kilvrough Lodge OEC

PARENT'S CHECK LIST

The courses at the Centre involve a lot of time outdoors, whatever the weather, and there is the likelihood of clothes getting wet.

Summer or winter conditions will dictate a different emphasis on the amount to be brought, but hard wearing, warm clothes are required all year round. The following should be regarded as a minimum for all 5 day courses.

CLOTHES FOR ACTIVITIES		√	
5 pairs thick socks and 5 pairs thin socks (not trainer socks)			
Several changes of underwear			
T shirts			
3 – 4 pairs long sleeved fleece/ sweaters			
3 – 4 pairs trousers (jeans are not suitable for activities) tracksuit bottoms are ideal			
Fleece/ woollen gloves or mitts, warm hat, balaclava, scarf (Nov-Apr)			
Swimming costume (Apr-Nov)			
Anorak, jacket or parka (strong windproof with hood)			
3 – 4 warm shirts/ thermal tops			
2 pairs trainers – 1 for normal use + 1 old pair for wet activities			
OTHER ESSENTIALS	√	USEFUL ITEMS	√
2 x good sized towels		Wellington or waterproof boots (primary aged children)	
Personal medication		Torch and spare batteries	
Plasters for blisters		Writing materials	
Toiletries etc. *		Lypsyl or lip salve (all year round)	
Sun block – Factor 30/ sun hat (Apr – Nov)		2 x bin liners	
Pyjamas or night clothes		Pocket money for Centre's shop	
Casual clothes for evenings		Cuddly toy	
1 Litre drinks bottle		Stamped addressed envelope	
Slippers/ indoor shoes		Pens and pens	
Single duvet cover, pillow case and a single fitted mattress sheet		Lunch box big enough for roll/ sandwich, crisps, cake/ cookie, fruit and a water bottle – CLEARLY MARKED WITH THE CHILD'S NAME	

NOTES

Please note the following:-

- Waterproof jackets and over trousers, wellington boots and day rucksacks are available to borrow from the Centre at no charge
- *Aerosol deodorants are not allowed at the Centre. Please bring a suitable alternative if required
- Chewing gum is not allowed at the Centre, please do not bring it.
- **Students are asked to make sure their clothes and other items are clearly marked with their name, this is especially important for medication such as inhalers.**
- The Centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and Centre staffs are not allowed to look after them.
- Your stay at one of the Centre is an opportunity to experience time away from mobile and electronic devices – **please do not bring mobile phones (reception at some of the centres is sparse).**