

## Edale Kit List 2024

<b>Please label outerwear.</b>	✓
Gloves and a hat;	
Lightweight jacket / fleece;	
Waterproof jacket; ( <b>essential</b> )	
Waterproof trousers ( <b>if possible</b> )	
Baseball hat / sun hat;	
1-2 warm sweatshirts / jumpers;	
2 pairs of trousers/leggings	
Casual tops / T-shirts (at least 3); please note that most adventure activities <b>require long sleeves.</b>	
Underwear (at least 3 changes);	
Socks (at least 3 changes);	
Lightweight walking boots or comfortable trainers with good soles(1 pair);	
indoor shoes for use in hostel; (lighter trainers/school shoes)	
Nightwear (plus spare?), cuddly toy;	
Towel;	
Washing kit (soap, flannel, shampoo, hairbrush, bobbles etc., toothbrush, toothpaste) in wash bag; (no aerosol deodorants please as we have some people whose asthma is badly affected by these)	
Book (1 or 2), small game;	
Sun cream, sunglasses, after sun care if used, insect repellent (only to be used under adult supervision);	
Large plastic bag for dirty clothes;	
Please pack the items above in a labelled bag (or small case) which your child can carry to and from the coach	
<b>ADDITIONAL ITEMS FOR WATER-BASED ACTIVITIES</b>	
Old trainers or swimming shoes (will get wet)	
Long sleeve top and leggings/trousers (NO JEANS)	
Towel (additional so that children are not using shower towel)	
A packed plastic bag which children can put wet clothes in	

**You will need a packed lunch and snacks for the first day.** As all other food is provided, please bring this lunch in disposable wrapping rather than a lunch box. No fizzy drinks please. Plastic bottles - preferably with sports tops; these can be refilled on the trip.

You need a small comfortable rucksack for everyday use. This only needs to be big enough for a packed lunch, waterproof jacket, sun cream etc. We may be carrying these rucksacks for a couple of hours each day so they need to have straps that are comfortable.

**We do not want your children to bring:**

- phones or any other electronic devices;
- sweets for consumption in their bedrooms;
- fizzy drinks or Red Bull type drinks;
- expensive jewellery / watches etc.;