

## Suggested Clothes List for Superweeks

This is not a mandatory list but we recommend that you follow it as closely as you can. For the younger children, their monitor will look after this list and assist them with packing and unpacking.

Child's Name _____	Number Sent	Unpacked at start	Packed on departure
4-5 casual tops or T-shirts			
2-3 pairs of jeans or trousers			
2 warm jumpers or sweatshirts			
1-2 pairs of shorts			
7 sets of underwear			
7 pairs of socks (at least one pair for walking not short trainer socks)			
1 or 2 sets of night clothes			
1 waterproof jacket, or 1 jacket plus waterproof coat			
1 pair indoor shoes			
1 pair slippers (optional)			
1 pair of outdoor shoes (strong for walking)			
2 towels for washing, swimming*			
Washing kit (including shampoo) in waterproof bag			
1 -2 swimming costumes (plus goggles if required) *			
1 hat for sun protection (essential in summer)			
Suntan cream (essential in summer)			
A bag for dirty clothes			
Day bag & water bottle (not essential but good for day trips)			
BEDDING: Please see the information inside this leaflet to see what bedding is required for the centre your child is coming to	Sleeping bag		
	Pillowcase		
	Bottom sheet		
Duvet & cover <b>Please only pack a duvet if travelling to the centre by car.</b>			
Please note: it is inevitable that children's clothes and shoes will get dirty on a Superweek, although we will take as much care as is practical over clothing we would advise that some old clothes and shoes are included in your child's luggage.			



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## Bedding Requirements

Centre	Bedding requirements			
Moor Park	Sleeping Bag	Bottom Sheet	Pillow Case	Pillow Provided
White Hall	Sleeping Bag	Bottom Sheet	Pillow case	Pillow Provided
Edgmond Hall	Sleeping Bag	Bottom Sheet	Pillow case	Pillow Provided
Frank's Place	Sleeping Bag	Bottom Sheet	Pillow case	Pillow Provided

- You can provide a duvet and duvet cover instead of a sleeping bag if you are delivering and collecting your child by car.
- Please try not to send too much! It is important that your child should be able to carry their own luggage at least for a short distance on travel days
- Please avoid sending any items of great value (including expensive clothing). Small items of value can easily get lost and clothing damaged and spoilt.

### Notes

- Please label or mark all clothing (including shoes). We cannot take responsibility for items not marked with your child's name.
- If your child is in our accompanied travel system luggage labels will be sent to you with the final travel instructions.
- If your child wears glasses, a spare pair may be a good idea.
- Please do not send aerosols as these are not allowed in some of our centres.
- If you think the numbers given on the clothes list may not last your child please send more. If your child is attending more than one Superweek, we will ensure that clothes are washed as necessary.
- If you let us know that your child may wet the bed we will send you a separate list of things to send to enable us to manage this.
- Please provide sanitary protection if your daughter might need it.
- The following are useful, for the journey and after lunchtimes, etc., if you have them easily available:
  - A book (or two) to read
  - Small games, pack of cards or puzzles, etc.

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