

## Kilvrough Kitlist 2023

Please be aware that all clothing for activities are provided by Kilvrough Manor: waterproof jacket and trousers, wellies and walking boots.

**Please clearly label all clothes!**

### Clothes for activities (old clothes):

- 5 pairs of thick and 5 pairs of thin socks (not trainer socks)
- Several changes of underwear (more than 5 please)
- T-Shirts (please pack a long sleeved t-shirt for caving)
- 2-3 long-sleeved jumpers or hoodies
- 3-4 pairs of trousers (Jeans are NOT suitable for the activities, jogging bottoms or leggings are ideal)
- 2-3 pairs of shorts
- Pyjamas/ night clothes
- Swimming trunks/costume
- Rain jacket/ coat
- 2 pairs of trainers (1 for normal use and one pair to get wet on water activities)
- Casual clothes for the evenings

### Other essentials:

- 2 towels (one for shower, one for activities)
- Personal medication (labelled with name, dose needed and time/s to be taken)
- Toiletries in a toiletry bag that can be taken to the shower block (including toothbrush, toothpaste, shampoo shower gel, roll on deodorant \*Aerosol deodorants are not allowed at the centre)
- Suncream (at least factor 30, preferably factor 50)
- Sun hat
- Packed lunch for arrival **on Monday**
- Water bottle- refillable
- Slippers/ indoor shoes (sliders/crocs/flip flops)
- Female hygiene products (if needed- period pants are a great idea for activities)

### Useful items:

- 2 bin liners for wet and dirty clothes
- Sunglasses
- A torch
- Lip balm/ lip salve
- flip flops/sliders for showers.
- A watch/alarm clock

**Allocations for dorms and camping will be discussed with the children following SATs week. Children will be asked whether they wish to camp or go in a dorm. We will ensure that your child is with at least one of their chosen friends.**

Camping children only

The tents will be provided by the staff at Kilvrough, so the children will only need to bring the following items:

- Sleeping bag
- One pillow
- One pillow case
- Roll mats
- Warm clothes to wear during the night in case of cold weather.
- Sleep mask- light mornings.

If your child would like to camp but you do not have the correct equipment then please let us know and we would be happy to help provide it rather than you having to purchase specialist items for the trip.

Bedding for dorms are essential- please let us know if you don't have any of these items in advance

- Single duvet cover
- pillow case
- single under sheet (preferably fitted)