

RECOMMEND CLOTHING LIST

Luggage: Please restrict this to one case plus one piece of small hand luggage.

Spending Money: This is not essential, but children may wish to have some money to spend on souvenirs. The amount is at the schools and parents' discretion.

Torch: The children may find this useful.

Bedding/Towels: **Children require a sleeping bag and towels; all bedding and towels are provided for adults.**

Clothing: Please ensure all clothes, shoes, bags etc are named. Children doing activities require old clothing: long-sleeved tops and long trousers for most activities, even in the summer months. Children will not be permitted to take part in certain activities if they do not have these. On activity days children require a number of different outfits. Clothing that dries easily is helpful.

NB: For wet activities three layers of clothing must be worn.

Clothing List: 2 pairs of old trainers
Outdoor Pursuit 3 pairs of old tracksuit bottoms
Groups: 3 (at least) long-sleeved tops/ sweatshirts
1 fleece or 2 woollen jumpers
1 waterproof/shower- proof/rain jacket (ideally waterproof/shower-proof trousers too)
1 towel
Socks
Woolly/fleece hat/gloves
Hair ties for students with long hair
A carrier for any medication

Sun Protection: If visiting le Château in the summer, please ensure that children have sun protection and a hat/cap.

Mosquitos: **Please note that there are a lot of mosquitos at the Château, so remember to ask the student to bring, sprays and creams for this.**

Footwear: All children doing activities require a pair of trainers. Open- toed shoes are not permitted for safety reasons. For children doing water activities, an old pair of trainers is required for use on the lake (children without suitable footwear will not be able to take part in the activities).

Other useful items: Water bottle for use during activities. Pens & pencils for quiz and language modules

NOTE: **Woollen or fleece fabric are more suitable for the water sports activities as when they get wet they hold in warmth far better than cotton/denim fabrics**