

Please ensure all items are named

Essential to hand in

- Forms
- Medication if needed in ziplock bag

If your Guide gets travel sick please ensure they have a tablet before travel, then hand in a named packet for the rest of the trip.

To travel

- Phone (Optional)
- Charger (Optional)
- Small holdall or rucksack
- Small pillow
- charger pack (Optional)
- Book /comic/magazine
- travel games eg dobble /trumps
- Pen and paper
- Tissues
- Small amount of sweets (Opt)
- Travel bands optional
- Small reusable bottle with drink

Guides will need a packed

- Breakfast
- Lunch
- Tea

Sleeping kit

- Small Sleeping bag /roll mat
- Small travel pillow (On travel list)
- Torch and batteries
- Tea towel
- Small sized Teddy bear (Opt)
- Small amount sweets in container

Spending

The limit for spending money is

£ _____



Please pack a named purse.
 We recommend that girls bring a card that can be used contactless.

Hygiene and health

- Wash bag
- Toothbrush and toothpaste
- Bar of soap in container
- Flannel
- Hairbrush and bobbles if long haired
- Roll on Deodorant
- Sanitary products
- Suncream
- Optional makeup bag
- Glasses and spares /contacts
- Hand towel
- Wetwipes

Other items

- Small over shoulder bag for day
- Watch
- Carrier bag for dirty washing
- Camera optional
- Outfit for _____

Clothing

- Smart Guide uniform to travel
- 2 T-shirts
- 1 extra warm camp hoody/top
- 2 pairs of warm bottoms or leggings
- 2 pairs knickers
- Bra if needed
- 2 pairs of socks
- Nightwear
- Slipper socks
- Trainers /walking shoes
- Gloves / hat / cap (seasonal)
- Waterproof coat



Extra items