

Please ensure all items are named

## Essential to hand in

- Forms
- Medication if needed in ziplock bag
- Packet of biscuits for elevenses

## To travel

- Phone (optional)
- Charger (optional)
- Comfortable mid size daysack
- Neck pillow (optional)
- charger pack (optional)
- Book /comic/magazine
- travel games eg dobble /trumps
- Pen and paper
- Tissues
- Small amount of sweets in container
- Travel bands optional
- Reusable bottle with drink

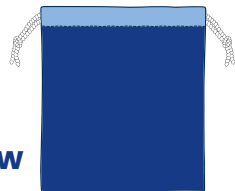
If your Guide gets travel sick please ensure they have a tablet before travel, then hand in a named packet for the rest of the trip.

Guides will need a packed

- Breakfast
- Lunch
- Tea

## Camping Kit

- Warm sleeping bag
- Roll mat
- Inflatable or small pillow
- Camp blanket
- Torch and batteries
- Plate bag and 2 tea towels
- Plastic plate, mug, bowl and cutlery



## Spending

The limit for spending money is

£ \_\_\_\_\_

Please pack a named purse.



## 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
- Travel shampoo /conditioner (Opt)
- Optional makeup bag
- Glasses and spares /contacts
- Hand and bath towel

## Other items

- Rucksack or soft holdall
- Watch
- Teddy bear
- Bag for dirty washing
- Badges to swap (Opt)
- Outfit for \_\_\_\_\_



## Clothing

- Smart Guide uniform to travel
- 6 T-shirts
- 4 warm camp hoodies/top
- 6 pairs of warm bottoms or leggings
- 6 pairs knickers
- 3 Bra's if needed
- 8 pairs of socks
- Warm nightwear/ fluffy socks
- Wellies or crocs
- Trainers /walking boots
- Gloves / hat / cap
- Waterproof coat / optional trousers



## Extra items