

QEGS Y8 Residential Packing List

Bring **sufficient** clothing to keep you warm in wet and windy conditions. So please bring at least two complete changes of outdoor clothing including trainers/walking boots.

The space in the boot of the coach is limited, therefore it is preferable to use a holdall rather than a suitcase for you packing. Please only have one luggage bag (labelled) and a small rucksack.

Footwear. All activities can be undertaken in strong outdoor trainers. The sole of the trainer must give a good grip on wet, muddy and rocky terrain; and must also provide a good fit around the foot. A pair of walking boots would be useful for walking/gill scrambling and climbing. Wellington boots and wetsuit shoes/boots are **not** permitted on **any** activity.

Please bring two pairs of outdoor shoes, your footwear will get wet on the water sports and gill scrambling activities. You will need a pair of light shoes or slippers for inside the hostel.

Clothing Please bring old, practical clothes because you will get wet and muddy. Remember lots of thin layers are much warmer than one thick layer so bear this in mind when packing. **Please label your clothing.**

Waterproof top and bottoms: Please ensure they repel a whole day's rain!
Denim will not be permitted for any activities.

Two pairs of outdoor shoes		Swimwear	
Pair of light shoes or slippers		Hairbrush/comb/toiletries	
Waterproof top and bottoms		Night clothes	
Sweaters, fleeces, sweatshirts		Towel	
Thermal shirts, leggings		Torch	
T shirts		Suntan lotion/insect repellent	
Socks and underwear		Sunglasses and sunhat	
Trousers or tracksuits bottoms		Pen and pencils	
Shorts		Reading books, small games, cards	
Hat and gloves		Residential leaflet	
Water bottle		Day sack/Packed lunch	
Medicines, inhalers epi pens etc		Bin bags for wet clothes	
DO NOT BRING CAFFEINATED OR FIZZY DRINKS, NUTS OR NUT PRODUCTS, SWEETS AND ANY FORM OF AEROSOL.			

Mobile phones there is very limited reception at the youth hostel, **do not** bring a phone as it will not work and could easily get damaged on activities. There is a public pay phone at the youth hostel.

Money, Camera, Valuables. Please look after your possessions. There is a small tuck shop at the hostel however QEGS students will not be served. However you will be able to purchase some refreshments at the marina so please bring a small amount of money only. Please do not bring any jewellery as you are not allowed to wear any on the activities for safety reasons and staff will not be responsible for any non-essential items.

Medication has to be kept safe and dry so please pack this sensibly and ensure that you have this medication with you at all times. Make sure your medication is clearly labelled with your name and dosage. If you give your medication to a member of staff during an activity **it is your responsibility to ask** for it back, so you can move onto your next activity. If it is lost please let a member of staff know immediately.