

Personal Kit list

Absolute Essentials

1. EVERYTHING must be named.
2. Small day bag, this needs to be carried over both shoulders to keep hands free for moving around and needs to be big enough to carry a packed lunch (for Day 1), drinks, coat, camera and wallet.
3. At least 1 complete change of clothes including warm clothes. Clothes need to be sensible for walking around Cardiff.
4. Comfortable shoes/trainers to walk in. We will be doing a lot of walking and suitable shoes are vital.
5. Waterproof/Coat (it is very likely that we will experience some cold, wet weather during the visit!)
6. Wash kit (soap, toothbrush, toothpaste etc.) and towel
7. Nightwear
8. PACKED LUNCH ON MONDAY. With at least 1 re-sealable drinks bottle (this will be reused throughout the visit) no fizzy drinks please. If you usually have free school meals please let us know if you would like a packed lunch provided.

Recommended

1. Hat, scarf and gloves. No Umbrellas please.
2. Indoor footwear, clean shoes/trainers for use in The Urdd.
3. Plastic bag for dirty clothes.

Optional Extras

1. Camera – at own risk.
2. Small indoor game/reading book/notepad & pen.
3. Mobile phone (fully charged) – at own risk (must remain switched off at all times except in an emergency).
4. Personal music player/game – at own risk.

Medicines

- If your child needs to take travel sickness pills please give them one after breakfast on the day we leave. Put any others into an envelope labelled with their full name and dosage.
- If your child needs any other medicines during the trip please ensure they are all named and supplied in a sealed container clearly showing the child's name and instructions for dosage/how/when they should be given. This should be given to Dave McMeakin before we depart on Monday.
- Do not allow your child to keep any medicines with them unless it is normal practice (e.g. asthma inhaler) in which case please inform Dave McMeakin that they have it.
- Please remember to collect any left over medicines upon our return on Wednesday.
- Please note we can not give your child any medication without your explicit consent.