

## Lake District Packing List

For the journey.....

Comfortable home clothes, trainers, fleece/jumper.

A ruck sack (essential) containing optional travel items –PSP, i pod,, Game boy , suitable reading material – inc a BOOK! ,camera, spare batteries, tissues PLUS a waterproof cagoule\*  
**\*We have to walk the last mile-UPHILL- to the YH and it may be raining hard. Also needed at service stops if raining.** Leak proof water bottle (Essential)

No sweets or fizzy drinks.

Any medication for the journey to be given to Mrs Callard.

To pack....in suitcase or kit bag

- Full pencil case – we do some work each evening but no ink pens.
- Anorak, Waterproof trousers (optional but recommended), Hat, Scarf, Gloves – it gets very cold up on the top of Bow Fell!!
- Spare cagoule – two needed per day if raining.
- Sun hat, sun glasses, sun cream, mosquito repellent (Max Strength!)
- Walking boots (Recommended) – make sure they are well broken in!
- Spare trainers for the activities – they WILL get wet and dirty.
- Swimming costume / shorts
- Plenty of warm and suitable clothing for 5 days away with at least one complete change of clothes per day. Pack plenty of socks / underwear.
- Suitable clothing for the Hikes – not jeans.(Jeans can be worn in the evening)
- Towels – 1 big, 1 small – a distinctive pattern helps to identify towels!
- Wash kit but NO SPRAY DEODORANTS. No make up!
- PJs – no need for slippers / dressing gown
- A couple of bin bags for wet / dirty / smelly clothes!

**An anorak as well as a cagoule (2) is needed. One keeps you warm the other keeps you dry. A shower proof cagoule is not sufficient – it must be waterproof.**

What **not** to bring.....

No money, sweets, fizzy drinks, knives, mobile phones, expensive or valuable items, jewellery, spray cans of any kind, make up, no ipod speakers. This list is not definitive – if you think we may disapprove of an item then that is a good sign that you should not bring it.

Please.. No OFFENSIVE logos or unsuitable pictures on T SHIRTS / SWEATSHIRTS.  
This is still a school trip!

NJB