

Avanti Quest Packing List

KAPSH 21st -24th June

Item	Packed	Return Journey
Clothes		
Jeans/trousers/ Tracksuit bottoms		
Jumper		
Night-wear		
Shorts		
Socks		
Under-wear		
Sun-hat		
Swimming Costume		
Tee-shirts		
Waterproof coat/mac		
Two Towels (hand/bath)		
Footwear		
Footwear (general purpose)		
Indoor shoes/slippers		
Two Trainers (that can get wet/muddy and dry)		
Other Items		
Bin bag for dirty washing		
Carrier bags (for wet/muddy footwear)		
Roll on deodorant (Do not pack spray deodorant)		
Disposable Camera & Spare batteries (optional)		
Notepad/pencil/pen		
Postcard with stamp/address (optional)		
Reading book (for the duration of the trip)		
Refillable Water bottle		
Ruck-sack (2 straps)		
Shampoo/soap		
Sun-cream		
Toothbrush and toothpaste		
Torch (optional)		
Wallet/purse (£10 max) (optional)		
Watch (optional)		
Medical Items		
*Medications		
*KAPSH Medication Form		
<p>*If your child has any medical needs that require medication, these must be separate and handed to the member of staff leading the trip on medical needs the week before the trip or on the morning (if the item needs to be stored in controlled temperatures).</p> <p>*All medication must be clearly labelled and with clear instructions and include a KAPS medical form for each medication sent.</p>		