

Lower Four Camp in Herm

July 2023 – Kit List

Essential Items:

- Rucksack or large holdall
- Small rucksack or day bag for use during activities
- Sleeping Bag / pillow/ sheet
- Torch
- Personal wash kit (soap, shampoo, deodorant, toothbrush and toothpaste)
- Wash towel and flannel
- Hairbrush and bobbles
- Personal sanitary Items
- Comfortable clothes (warm jumper or hoodie for the evening – it will get cold)
- Underwear and socks
- Suitable nightwear (and sleeping socks)
- Flat walking shoes / trainers (not flip-flops or sling backs) for activities.
- Waterproof jacket
- Swim wear (swimsuit, rash vest or old t-shirt and flip-flops)
- Beach towel/wrap
- Labelled plastic bag for wet and dirty clothes
- Sun cream and after-sun as we are hoping for good weather! (This will need to be self-applied, so please consider the type you purchase)
- Sun hat and sunglasses
- Refillable named water-bottle (no glass)
- A small amount of pocket money to spend in the shop or to purchase additional soft drinks.
- Labelled medication – Please discuss this with staff as additional inhalers, epi-pens etc will need to be provided and handed over to staff on Tuesday morning.

Non-essential Items:

- Mobile phone (and charger) – however, use is restricted to during evening social time only to call home. It may be simpler to leave at home as they will be taken care of by the girls at their own risk.
- Books and games
- Snacks

Our no nuts policy is essential on this trip. Please ensure that any snacks taken by your daughter adhere to this strict policy for the safety of all of our students.