Bilton Church of England Junior School

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Rock UK – Kit List

We are looking forward to our Rock UK residential trip! Please use the checklist below when packing for your child.

All bedding and food at the centre will be provided.

Important information

Children **must not bring mobile phones or any devices that can access the internet or send messages**.

Please ensure that **all clothing and belongings are clearly named**, including socks, underwear and footwear. Clothes are often left in drying rooms, and it can be difficult to return items to their owners if they are not named.

Staff cannot take responsibility for lost or missing belongings, so please do not send your child with anything valuable. We will, of course, do our best to help your child locate anything that may go missing.

Clothing for the Journey

Your child will wear these clothes for their first activity, so please make sure they are suitable for outdoor activities:

- Trainers
- Old trousers
- Old top and jumper/sweatshirt/fleece
- **Waterproof coat with a hood** – this must be brought onto the coach with them

Please consider the weather carefully. If the weather is poor, children may be outside for much of the day. Please make sure your child's coat is warm and waterproof enough to keep them comfortable and dry.

If your child is prone to travel sickness, please ensure they have taken any appropriate medication before travelling or are wearing a travel-sickness wristband if they use one. The journey is approximately **1 hour**.

Small Named Backpack – For the Journey

Please pack a small, named backpack containing:

- Mid-morning snack
- Packed lunch – **all packaging must be disposable**
- Named water bottle – this will be kept and reused each day
- Warm hat, scarf and gloves

The Dog Mentor GOLD AWARD SCHOOL
Association of Mental Health First Aiders
FSA FOREST SCHOOL ASSOCIATION
CARERS TRUST YOUNG carers
my Happy mind ACCREDITED SCHOOL
International Cross of Nails Schools

- Waterproof trousers (recommended, if you have them)
- Book

Named Holdall or Small Suitcase

Please pack:

- Minimum of **4 T-shirts/sports tops**
- **4 pairs of old trousers** – joggers or walking trousers are ideal
    - No more than one pair of jeans, which can be worn in the evening but are not suitable for activities
- Warm sweatshirts/jumpers
- Spare pair of old trainers or **closed-toe water shoes** – these may get wet and muddy during water-based activities
- Pair of clean shoes for indoors
- Wellies for the *Walk the Plank* activity (not essential – old wet/muddy trainers can be worn instead)
- Plenty of socks and underwear
- Pyjamas
- Large towel for use in the shower
- Wash kit in a bag
- Hairbrush/comb and hair bobbles to tie back long hair
- Lip balm
- One or two strong plastic bags for wet and dirty clothes
- **Teddy – essential!**
- Torch clearly labelled with your child's name

Please note: Torches should only be used when instructed by staff, for example during evening activities. They are not intended for staying up late reading!

Food

There is **no need to send any additional food or snacks**. All food at Rock UK will be provided, apart from the packed lunch and mid-morning snack required for the journey.

Thank you for helping your child to prepare for what promises to be a fantastic few days!