

Kit List for Year 10 Outward bounds Trip- 19-20 April 2018

The following is a recommended list for the forthcoming Yr 10 Outward Bounds trip, taking into account the nature of the weather here in Cyprus at this time of year. We would suggest that the list below covers the minimum kit for your son/daughter. As students will be sharing tents labelling of clothing and belongings is recommended.

Students should come to school in sensible shorts and t shirts (but no vest tops) and trainers. Long hair should be tied up.

- Sleeping bag and roll mat (we can provide a roll mat if you do not have one)
- Casual T-shirts/tops (with short sleeves rather than vests)
- Sweater, jumper or sweatshirt for the evening (it can be chilly in the evenings in Troodos)
- Trousers or shorts.
- Underwear
- Spare socks
- Nightwear
- Trainers or sturdy walking shoes
- Sun hat and sun cream (sunglasses optional)
- Medication - if required. Please note that students who need medication such as an inhaler they must bring it with them.
- Insect repellent is recommended
- Personal washing kit and towel
- Day sack (small rucksack) and plastic drinks bottle/container
- Pocket money – no more than 20 euros

There are also a couple of general points that we need to make.

Students **MUST NOT** bring phones, tablets MP3 players gadgets. There is no need for them to have them. The staff will have school mobile phones and we will give you these numbers in case you need to contact us.

