

Castlerigg 2023

What will I need to bring?



Underwear (for 3 days)
Socks (for 3 days)
Thick socks (for 3 days)
Tee shirts
Joggers for walking— no jeans
Jumper or fleece
Warm Waterproof Jacket
Hat
Jeans/Joggers for night time)
Towels x 2
1 pair of indoor shoes or slippers (no sliders)
1 pairs of outdoor shoes (trainers)
Walking Boots (If you already have them)
Pyjamas
Dressing gown
Drinks Bottle (named)
Plastic sandwich box (named)
Toiletries (see box)
Personal items (see box)
Medication if needed (must be named)



Toiletries:

- ✓ Roll on deodorant
- Shower gel
- Shampoo/
Conditioner
- ✓ Face cloth
- Toothbrush
- ✓ Toothpaste
- Hair brush
- ✓ Insect repellent

Personal items

- Book
- Teddy
- Back Pack

Optional

- £5.00 (for souvenir)
- Writing journal
- Camera
(must not be expensive -
child to have responsibility
for it).
perhaps disposable.

