



Student/Staff Kit List: Residential Retreats

1	Holdall	<input type="checkbox"/>
1	Sleeping bag	<input type="checkbox"/>
	Personal toiletries (to include toothbrush/paste, shower gel, shampoo, deodorant)	<input type="checkbox"/>
1	Pair of pyjamas	<input type="checkbox"/>
	Personal medication (Epipens, asthma inhalers, travel sickness prophylaxis etc.)	<input type="checkbox"/>
	Personal pocket money - in change please (in a clearly labelled purse or wallet, no more than £5)	<input type="checkbox"/>
1	Towel	<input type="checkbox"/>
1	Sun cream and insect repellent (Summer months only)	<input type="checkbox"/>
2	large plastic bags (for soggy/muddy clothes)	<input type="checkbox"/>
4	T shirts	<input type="checkbox"/>
3	Pairs of loose fitting trousers/ jogging trousers (not jeans)	<input type="checkbox"/>
1	Thick pullover or fleece jacket	<input type="checkbox"/>
2	Warm long-sleeved sweatshirts or equivalent	<input type="checkbox"/>
1	Water and windproof jacket	<input type="checkbox"/>
1	Waterproof trousers (if available)	<input type="checkbox"/>
5	Pairs of walking socks	<input type="checkbox"/>
5	Pairs of underwear	<input type="checkbox"/>
1	Pair of old trainers (these are very likely to get muddy)	<input type="checkbox"/>
1	Pair of indoor shoes (not slippers)	<input type="checkbox"/>
1*	Pair of walking boots or Wellington boots	<input type="checkbox"/>
1	Warm hat and gloves (winter) sun hat (summer)	<input type="checkbox"/>
1	Lip salve	<input type="checkbox"/>
 Optional items		
1	Torch	<input type="checkbox"/>
1	Cuddly toy	<input type="checkbox"/>

Please note that one set of clothes should be smart for Holy Mass and evening entertainments.

Parents should not feel obliged to purchase new clothing for the retreat. In fact, older clothes that are fine for getting muddy are ideal.

Items marked with a * can be provided by Alton Castle if necessary, but are subject to availability as our stocks are limited.

Students must not bring mobile phones, i-pods, MP3 players or other electronic gadgets on retreat. Visitors are not allowed to use their own electrical appliances in the Castle (*i.e.* hairdryers, straighteners, etc.)

Remember when you arrive at the centre you will have to carry your own bags some distance to your room. Please make sure they are not too heavy for you to carry by yourself.