

## **Rock UK 2023 – Kit List**

With all of the fun adventure activities planned, your child will get wet at least once each day and will need to change.

**All items on the list are required.**

### **Clothing:**

- 1 x pair of trainers for dry activities
- 1 x pair of (old) trainers for water activities
- 1 x pair of walking boots and Wellies
- 1 x Indoor Shoes (for evenings in the accommodation)
  
- Trousers/jogging bottoms – recommended at least 1 change per day (approx. 3 pairs)
- Warm Jumpers - recommended at least 1 change per day (approx. 4)
- Long-sleeved T-shirts - recommended at least 1 change per day (approx. 3)
- Underwear - recommended at least 2 changes per day
- Socks - at least 2 changes per day (approx. 6 pairs)

Suitable Nightwear

Waterproof jacket and waterproof trousers

Warm coat

Hat, scarf, gloves x 2 pairs

Strictly **NO JEANS** to be worn for any daytime activities. They get uncomfortable when wet and can cause skin irritation. Jeans can only be worn in the evening when inside the accommodation.

### **Other Items:**

2 x Towels (1 for showering and 1 for activities)

Plastic drink bottle - named

Pocket money for Rock UK Shop (£5.00 maximum in a named envelope to be given to the teacher)

Torch

Washbag (soap, shampoo, toothpaste, toothbrush and brush etc)

Bin bag for muddy kit

All pupils will need a **packed lunch** to eat on arrival on the 1<sup>st</sup> day in a **throw away carrier bag**.

**Please ensure that your child has all the correct clothing required. In the past, the children who have got the most from the activities are those who come prepared and are dressed suitably for all activities.**

**No fashion clothing or jewellery items are needed – we will get muddy and wet!**

**No phones or gaming devices are allowed on the trip. Cameras can be brought but it is the child's responsibility to look after these.**