**Checklist for trip to Clare**

* Packed lunch (sandwich etc., small amount of 

 sweets or chocolate)

* €20 spending money 
* Sleeping bag 
* Warm outdoor clothing (jumper/sweatshirt) 
* Tracksuits x 2 (2/3 full changes of clothing needed 

 over three days)

* T-shirts/sweatshirts 
* Swimsuit/swim shorts 
* Sun screen 
* Several pairs of socks 
* Runners + sturdy shoes/boots (or runners x2) 
* Personal toiletries (toothbrush etc.) 
* Medication\*\*\* 
* A large plastic bag (for wet and muddy clothes) 
* Two large towels 
* A coat/jacket, hat and gloves 
* **Label** all personal items (including mobile phones) 
* **Do not bring/wear valuable jewellery.**

\*\*\* This only refers to vital medication listed by parents on the form.