



What to Pack in your Suitcase

- Clothes: enough for 6 days *plus* whatever you're wearing when you arrive
 - loose comfortable holiday clothes you can run around in
 - something special to wear for the disco on Friday if you would like
 - comfy shoes like trainers
 - at least 2 pairs of pyjamas
 - swimming costume or trunks and a swimming towel PLUS a bag for these
 - waterproof jacket
 - shoes for wet weather and muddy places
 - any glasses or sunglasses you wear
 - a sunhat

- Toiletries
 - shampoo, soap/ shower gel, flannel or sponge
 - toothbrush and toothpaste
 - if you use them, enough pads / pull-ups for a week. Please bring plenty of these in case you change more often than usual in the holiday week – we will provide wet wipes
 - sanitary towels if you use them
 - Hairbrush or comb and any hair accessories you would like

- Enough of your regular and emergency medication for a week. Please pack this in a separate bag and check it in when you arrive

- A backpack or another bag for carrying your things when we go out on trips

- Favourite things
 - Anything you would like to have at bedtime, e.g. a teddy
 - Book you would like to read while you're on holiday
 - If there are any electricals you need (e.g. phone, iPad) please bring the charger too

- Special kit
 - Any sleeping supports or cushions you use at night
 - Any cups or cutlery you use at mealtimes. We have a selection of plateguards, sippy cups and so on, but if there is something very particular you use please bring it
 - Any walking aids or wheelchairs you would like to use
 - Any supportive cushions or splints you use

NB: We are providing Nivea Moisturing Sunspray for Kids – if you would like to use another brand of sun cream please also pack this in the medication bag