

Buckden House Residential – What (and what not) to bring

Here is the suggested kit list for our upcoming trip. The children do not need special clothing. Comfortable, warm clothing is required, suitable for the outdoor activities planned; we will be outside even if it is cold or wet, so please bear this in mind when deciding what to pack. Please do not allow children to bring expensive or precious items of clothing. We suggest that all clothing is named so that the children can recognise their belongings!

Footwear is particularly important - the children will need two pairs of shoes. A pair of indoor shoes **and** a pair suitable for outdoors (which you don't mind getting muddy). They should be wearing the outdoor pair on the day of departure with their indoor shoes packed in their bag. **Wellington boots, walking boots, waterproofs and all specialist equipment are provided by Buckden House.** Do not underestimate the need to pack lots of underwear (pants, socks)! They may get wet on activities so plenty of spares to change into are essential. Lip salve/Vaseline may be useful whilst hair bobbles are required as long hair must be tied back for activities. Always pack a good reading book!

Please ensure that your child has a swimming costume / shorts with them to wear under their caving suit. This is primarily for privacy as children will shower immediately upon return from the cave - and also because the caving suits are extremely warm!

First Day of the Trip:

All children will require a packed lunch (in a disposable bag rather than packed lunch box) and a reusable drinking bottle – no fizzy drinks, no glass bottle. School packed lunches can be ordered in advance.

They should wear clothing suitable for the weather but likely to be:

- Long trousers, (not jeans which are uncomfortable and heavy when wet)
- T-shirt and a jumper
- Hat and gloves if appropriate for the weather
- A waterproof jacket or coat
- Thick socks
- Outdoor shoes/ strong trainers or boots if you want to bring your own

All **medication (inc. inhalers)** should be named and handed to the designated member of staff upon arrival at school on the morning of your child's departure. Children may not be allowed to undertake activities without their inhaler (or other medication) – so please make sure that you double check that it has been packed. All medication will be looked after centrally by school adults – no medication should be held by your child during the trip. The small hall will act as a drop off point for medicine and bags.

What *not* to bring:

- Valuables or jewellery (inc. ear-rings) should not be brought to Buckden House. To avoid personal injury, students are advised to not wear jewellery during the caving or ghyll scrambling activities.
- Cameras, phones or electronic equipment of any kind. Staff will take all photos of the trip.
- Make-up or aerosol sprays
- Additional snacks (beyond their Day 1 packed lunch) – food is not allowed in the Buckden House dormitories.
- Money – there will be no souvenir shop available at Buckden House this year.

Full Kit List:

Please see overleaf for the full list of recommended kit that combines Buckden House and school recommended equipment.

ESSENTIAL KIT LIST FOR VISITORS

OUTDOOR:

Socks	Several pairs (at least 8), preferably thick ones, to be worn with boots and Wellingtons. Wool / nylon loop stitch are ideal. 'Trainer' socks are not suitable.
Trousers	Several pairs of thick close woven fabric rather than denim jeans. Track suit bottoms are ideal.
Swimsuit	Great as underwear for wet activities.
Shorts	Nylon 'football-type' shorts are excellent.
Headwear	Woollen / fleece hat, or balaclava for warmth, plus (depending on weather) a sun hat that offers protection to ears and back of the neck.
Gloves	Woollen, or synthetic 'ski-type', are best. Two pairs if possible.
Jumpers	Several warm ones; fleece, fibre-pile, or wool, are ideal.
Sun protection	High factor sunscreen for use on sunny days, plus a light long sleeved top.
Midge repellent	Can be useful during the April – October period.
Shoes	Outdoor footwear for around the grounds – may get muddy! To wear on day of departure.

Plus waterproof coat for travel days, plenty of t-shirts (short/long sleeve), underwear (lots of spares!)

INDOOR:

Shoes	Indoor footwear. e.g. shoes, slippers, trainers.
Clothing	Casual and comfortable.
Night-clothes	Pyjamas, dressing gown.
Bath towel	Essential, as these are not provided by the centre.
Toiletries	A wash bag containing soap, shampoo, comb / brush, toothbrush and paste, lip salve.

ODDS AND ENDS:

Bag or case	To pack everything in (easily!).
Bin liner (poly bag)	Several! To put wet, muddy and dirty clothes in to take home.
Name tags	Essential on all clothes, especially when using the drying rooms.
Drinks bottle	There will be opportunity to wash and re-fill bottles during the stay.
Reading book	For quieter times!
Hair bobbles	For long hair to be tied back for activities.
Medication	To be handed to school adult on morning of departure.

WHAT THE CENTRE PROVIDES:

The Centre will provide visiting students and staff with **boots, waterproofs and any specialist equipment required** for the outdoor activities.