



Kit List for Year 7 Residential Trip to Phasels Wood (WD4 9NA)

27-28 September 2022

Rucksack / holdall - NO HARD SUITCASES PLEASE!

To contain the following (all named):

- Trainers/walking shoes (one pair worn plus 1x spare pair that fit – NO OPEN-TOED SANDALS)
- Hoodie/Sweatshirt for the evenings
- Light long-sleeved top for the evenings to keep off mosquitoes
- Shorts (can be worn if weather appropriate)
- Tracksuit bottoms or walking trousers (for the evening)
- T-shirts (one worn plus 1x spare)
- Underwear (one pair worn 1x spare pair)
- Socks (one pair worn plus 2x spare pairs)
- Night clothes
- Sleeping mat/roll mat to sleep on (essential)
- Sleeping bag (comfort level 5°C - two season minimum recommended)
- Plastic bag for dirty clothes
- Wash kit to include soap, toothpaste and toothbrush as a minimum.
Please remember when considering adding more that they are only going for one night!
- Small towel

Small day bag – for the coach journey/hike

To contain the following:

- Personal medication (to be carried by the boy and self-administered)
- Waterproof sun lotion (High 50 SPF recommended)
- Wind/Waterproof jacket in case of inclement weather
- Insect repellent
- Sun hat
- Sunglasses (optional)
- Reusable drinks bottle(s) (min 1 litre capacity, ideally 2 litres – fully filled before departure)
- Torch (preferably head torch, with spare batteries)
- Spare COVID appropriate face masks

NONE OF THE FOLLOWING WILL BE ALLOWED ON THE TRIP:

- × Mobile phone (staff will carry a trip phone in case of emergency contact)
- × Sweets
- × Electronic devices
- × Money or expensive items – no cash is required, valuables cannot be secured

Staff will take photos of the boys on the activities and share them via the @RGSHWTrips Twitter account.