



Kit List for Bowles Residential

Please make sure that your child has a case/bag that they can carry on their own. They have to walk up quite a long, steep path to get to the centre from the car park. Something on wheels would be ideal!

ALL ITEMS MUST BE LABELLED CLEARLY

Most of the day will be spent outside so ensure there are plenty of extra warm layers.

Several sets of clothing, to include:

- ✓ Trousers (must have full length trouser for skiing) tracksuits, leggings, combats or anything suitable for sports are all good choices. Jeans are not suitable, as they are difficult to dry and uncomfortable to wear if they get wet.
- ✓ T-shirts (including at least one LONG SLEEVED for skiing). The children will not be allowed on the ski slope if they are not appropriately dressed.
- ✓ Underwear
- ✓ Socks (enough for a week and one long pair for skiing). Ski socks need to be thick and long to support the feet and stop rubbing when they are wearing the ski boots.
- ✓ Jumpers, hoodies
- ✓ Pyjamas / nightdress / dressing gown
- ✓ Swimwear for swimming session and all water activities.
- ✓ Waterproof coat / cagoule
- ✓ Waterproof trousers (optional as provided by Bowles if needed)
- ✓ Trainers are fine for all activities but having two pairs is recommended in case one pair gets wet.
- ✓ Toiletries - toothbrush, soap, hairbrush, deodorant if used (roll-on only), shower gel, shampoo, hairbrush and comb. All of these items need to be in ONE washbag that they can carry to the showers / washrooms in the accommodation building.
- ✓ 2x towels (one for water activities)
- ✓ A bin liner for wet, dirty clothes
- ✓ Sun hat & sunscreen (weather dependent)
- ✓ Warm hat, scarf and gloves (Gloves must be provided for skiing. They will not be allowed to ski without long trousers, long sleeved t-shirt and gloves)
- ✓ Lip salve. We are outside all day and lips can become dry and cracked.
- ✓ Pen or pencil
- ✓ Reading book
- ✓ Indoor shoes (Flip flops, slippers or plimsolls etc)
- ✓ Cuddly toy
- ✓ Torch
- ✓ Water bottle (named)

Optional

- ✓ Comics, puzzle books, colouring books, travel games, cards (no electronics)
- ✓ Sunglasses
- ✓ Thermal underwear / base layers