

Football & Hockey Tour, Holland 2024

Kit List

Number of Items	Items to Pack	Packed?
5	T-shirts	
1	Carrington PE Top	
1	Black shorts/leggings (not cycling shorts)	
2	Tracksuit bottoms	
2	Jumpers/Base layers	
5	Socks and Underwear	
1	Warm jacket/coat	
1	Trainers/Football boots/Astro boots	
1	Towel	
1	Toiletries (shampoo, body wash, deodorant, toothpaste, toothbrush etc)	
1	Water bottle	
1	Hat	
1	Sun lotion	
2	Hair bands (to tie hair up)	
1	Bin liner for dirty clothes	
1	Phone charger/Adapter	

What NOT to pack

Although out of uniform, students will still be representing the school so should be dressed appropriately (for example **no bare midriffs, no offensive slogans on t-shirts, no hot pants or cycling shorts**).

Medication and Jewellery

Any medication required to be taken by your young person should be clearly labelled and handed to a teacher prior to departure with clear instructions for administration.

Any child that requires an **Asthma Inhaler** or **Epi Pen** must take it with them on all activity sessions.

Jewellery **CANNOT** be work on any activity session.

