## **GENERATION HOPE CAMP PACKING LIST**

	Change of Clothes You will be at camp for five days and four nights, so you will need to bring enough clothes to get you through. Bring clothes that you don't mind getting dirty! Take at least one warm jumper/hoodie and one pair of long trousers.	<ul> <li>□ Towels         Bring one bath towel and one beach towel!</li> <li>□ Small notepad and pen         You might want to write some things down throughout the week!</li> <li>□ Large plastic bag         Bring a large plastic bag or a binbag for all your wet clothes.</li> <li>□ Torch         In case of an unlikely powercut!</li> <li>□ Snacks         Bring as many as you like - but be prepared to share with your cabin!</li> <li>□ Travel clock         Phones will not be in the bedrooms overnight so you will need an alarm.</li> <li>□ Prescribed medications         Please bring your prescribed</li> </ul>
	Two Pairs of Trainers  Make sure to take a pair of shoes that you don't mind getting wet!	
	Swimwear We have our very own loch where we get to do all of our water activities! Bring swimwear and a pair of shorts and a t-shirt is advisable for canoeing.	
	Pyjamas No one wants to sleep in a wetsuit	
	Waterproof Jacket One word: Scotland	
	Wellies Wellies aren't a necessity but you can bring them if you wish!	medications.  ☐ Small change
	Flip flops / Sliders Bring a pair of flip flops or sliders that are easy to slip on and off for water activities.	There is a small coffee shop onsite - your teacher will tell you the maximum amount you can bring.
	Reusable Waterbottle  You will be doing a lot of running around so make sure to bring a waterbottle to stay hydrated throughout the day!	
	Sun hat We know it's Scotland but we have been blessed with incredible weather at Camps in the past! Sun cream	45
<u> </u>	We are praving for sunshine!	-

☐ Insect repellent ...midgies...