



Calshot Activities Centre 2025



Kit List

Please ensure all clothing and footwear is clearly named

- Bedding**
- 1 x pillow with pillow case
 - 1 x single bottom sheet
 - 1 x single duvet with duvet cover
- OR
- 1 x sleeping bag
- Clothes**
- At **least** 4 changes of underwear and 4 pairs of socks
 - 2 pairs of lightweight trousers e.g. leggings/tracksuit bottoms for daytime activities
 - 1 pair of jeans for evening activities (optional)
 - 2 pairs of shorts in case of good weather
 - 5 t-shirts including 2 long sleeved t-shirts
 - 2 jumpers/sweatshirts/hoody
 - Waterproof coat with a hood
 - Gloves
 - 1 pairs of trainers (land wear)
 - Pyjamas
 - Slippers
 - Sun hat/cap (even if bad weather is predicted)
- ESSENTIAL Water sports equipment**
- Girls - one piece swimming costume (no bikinis or tankinis) to wear under wet suit
 - Boys - swimming trunks (not shorts) to wear under wet suit
 - Rash vest (optional)
 - Wetsuit/sand/pool shoes (these dry out quickly after use)
- OR
- An old pair of trainers that you are happy to throw away (they will smell horrible by the end of the week as they do not dry out)
- Children do not need to bring their own wet suit – Calshot lend them
- Toiletries and**
- Toothbrush and toothpaste
 - Comb or brush

additional items	<p>Soap</p> <p>Shampoo</p> <p>Flannel</p> <p>2 x towels – one for the shower and one for water sports</p> <p>Roll on deodorant, <i>please do not bring any aerosols as they set off the smoke detectors</i></p> <p>High factor sun screen – essential</p> <p>Tissues</p> <p>A waterproof bag for carrying swimming kit for water activities</p> <p>Cuddly toy (optional)</p> <p>Small games e.g. cards, UNO (optional - not electronic)</p> <p>Colouring pad and pencils (optional)</p> <p>Reading book</p> <p>Bin bag for wet and dirty clothes</p> <p>Water bottle (essential)</p> <p>SMALL bag to carry items such as prescribed medicines which are needed for the day.</p>
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Additional Information

Rooms	Children will sleep in bunk beds in small rooms – bedding is not provided
Food	There will be plenty to eat and drink. Please do not send any additional food or sweets
Money	Do not send any money as there will be nothing to buy
Electronic items	No electronic items are allowed and children must not bring mobile phones
Luggage	Please ensure all cases/bags are named, are of a sensible size and children are able to carry them independently including up stairs
Medicines	<p>Please hand all medicines to Mrs Rhodes prior to departure and complete the administration of medicines form. This includes hayfever and travel sickness medication</p> <p>Any child with an inhaler or epipen will require a bum-bag or small bag to carry it</p>
Emergencies	In an emergency, please call the school office who will contact staff at Calshot Activities Centre
Departure	Tuesday 24 th June around 9.15 a.m.

Arrival

Friday 27th June around 3.15 p.m. (exact time of arrival will be confirmed on the day)