THE LIHOU
CHARITY LBG

Essential Kit List for Resident School Groups (Autumn)

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- Sleeping bag or quilt (packed in a waterproof cover/bag i.e. bin liner taped closed)
- Pillow case
- Single sheet
- Wash kit and towel
- Indoor footwear (slippers or similar)
- Waterproof jacket (and trousers if you have them)
- Warm jumper/fleece top
- Wellington boots or old trainers/boots to cross causeway
- Personal clothing - Enough for the number of days stay plus a spare set
- Trainers for doing activities and walking down from school
- Any medicines/inhalers that have been prescribed (please name these and indicate dosage)

Optional/Additional Kit Required for Activities

- Day pack – this will have lunch box and drink for walk down as well as wellingtons/ trainers to cross causeway if possible)
- Lunch box (named)
- Drinks bottle (named)
- Pen/pencil and notebook

NOTE

Please do not bring valuables to the house such as mp3 players and phones as no responsibility can be taken for these items should they get damaged or lost. As there is no facility to purchase anything on Lihou during a stay, there is no requirement for money.