

WHAT YOUR CHILD WILL NEED

Essential items

- Uniform for the first day
- Sleeping bag or duvet
- Pillow
- Roll mat
- Pyjamas
- Change of clothes for the next day
- Underwear and socks
- Comfortable clothes for the evening
- Toothbrush and toothpaste
- Hairbrush / hair ties if needed
- Wash bag with any essential toiletries
- Any prescribed medication (clearly labelled and handed to staff)
- Packed lunch for Day One

For the evening / next morning

- Water bottle
- Coat / jumper
- Slippers or indoor shoes / socks
- Clothes for the day

Comfort and bedtime items

- Favourite teddy or comfort item
- Small blanket if it helps with sleep

Optional extras

- Book for bedtime
- Spare plastic bag for dirty clothes
- Tissues / wipes

It is usually recommended to keep belongings in one small overnight bag so children can carry it independently and find their things easily. Packing with the child helps them know where everything is, which can reduce anxiety during the night.