

## How to prepare for a residential visit

Going on your first residential trip can be really scary. You probably have lots of questions: what should I pack? Who will I share a room with? What if I get homesick? Don't worry, you might be an amateur but we aren't! Our step-by-step guide is full of tips to help you prepare and get excited about your excellent first ever trip away from home!

### Our top tips

- Before you pack, try to find out what the weather will be like. If you know it's going to rain, pack your jacket and some spare clothes. If you know that the temperature will be hot, don't forget your sun cream. No one wants to be embarrassed by soggy socks or sunburn!
- Once you've checked the weather, pack all of your items into a bag. Make sure you can carry it on your own - dad isn't coming with you! You may want to get an adult to help you pack to make sure you don't forget anything.
- After you've packed, make sure you include something that will remind you of your own bed. That might be a cuddly toy, a book or your favourite pillowcase. All of these items will (hopefully) make you feel less homesick.
- If you're worried, talk to someone before you go. You might have an older brother or sister who has been on a residential before. If you don't, talk to your parents or teachers - they are always good at giving advice and they will answer your questions.
- Finally, get excited! You're about to spend 5 nights away from your parents with your friends, I can guarantee you that it will be marvellous! I suggest that you pack some emergency sweets for a midnight feast - just don't tell the teachers where they're hidden!

### Kit list

You will need:

- Enough clothes plus one extra set
- Trainers
- Wellies
- Clean pants - more than you ever will need!
- A cuddly toy
- Spare glasses (if you wear them)
- A sunhat
- Sun cream
- A toothbrush
- Toothpaste
- A wash cloth
- Soap or shower gel

Have an incredible time - we know that you'll love it!