

**Please do not forget to pack any medication that your child may need. Please do not send paracetamol or any other pain killers with your child unless these have been identified on the consent form and you have signed consent for your child to have them. It is essential that I am aware of all medication that a child is taking in case of any emergency which may require medical treatment.**

*J. Conlon*

Yours sincerely  
Mrs J Conlon  
Head of RE

**What to bring on the retreat**

- ❖ Toiletries
- ❖ A towel/s
- ❖ Pyjamas & slippers (for use in bedroom only)
- ❖ Warm clothes
- ❖ Waterproof clothing & shoes/boots (For Acclimatize activities)
- ❖ Money for snacks and souvenirs in the tuck shop
- ❖ Musical Instruments (if played for talent show)
- ❖ Bin liner/plastic bag to put muddy/wet clothes/boots in