



## MANDATORY CLOTHING AND EQUIPMENT FOR GAIA CAMPERS

All information in this form is essential to the proper functioning of GaiaCamp. Please read it carefully.

We would be grateful if you would pack the bags with your children to ensure that they bring to the camp all the items detailed in the following list:

**1. Complete Mandatory Uniform**

(4 T-shirts, 2 shorts, 1 sweatshirt, 1 long trousers, 1 cap)

**2. Swimmingpool towel**

**3. Bath robe or shower towel**

**4. Flip Flops or open-toe sandals**

These are used in the swimming pool, in the shower and as indoor slippers (so please do not pack separate slippers)

**5. Complete toiletry bag**

Including sunscreen, moisturising cream, shower gel, shampoo, conditioner if needed, hairbrush, tooth paste, toothbrush, mosquito repellent roll-on or bracelet (available in chemists and very effective)

**6. Water shoes**

This is a specific type of footwear suitable for walking in water, so it must have a rubber sole. It is not a plastic sandal or rubber sock. There will be an example in the office. Available at Decathlon and El Corte Ingles.

**7. Torch and waterbottle**

**8. Two swimming suits/trunks and a pair of goggles (with name marked with indelible marker)**

**9. Six sets of underwear**

Should your child require more, please include them

**10. Twelve White sports mid socks**

To ensure the labels do not peel off, it is best to stick the label them on the soul of the sock, not on the elastic part. Sports socks, please, not pinquis or ankle socks

**11. Two pyjamas**

Whatever the type, nightdress or pyjamas for girls or long or short pyjamas for boys, they should be cotton as it is going to be July. All the windows in the bedrooms will be open throughout the night this year.

**12. One pair of Sportshoes/trainers**

Better to buy a pair of velcro fasteners trainers and have them clearly marked on the side. These will be the main footwear for the campers during the whole fortnight, so please do not bring old shoes that might break; please bring new ones that hold their feet properly.

**13. Anti-lice**

Please be extra cautious with your children before they go to camp. Many products against head lice are available, but it would make our work so much easier if you could bring one which can be applied on dry hair, saving us a lot of time and preventing us from having problems when it comes to showers. As a prevention, I would be grateful that you would add 15 drops of tea tree oil in the shampoo you bring to camp (it is from a herbalist). It is absolutely innocuous and very preventive.

**14. Anti-lice comb clearly marked with camper's name (Mandatory)**

You are requested to bring a good quality metal comb with long teeth. Plastic and short toothed combs are not suitable for this purpose.

**15. Medical issues**

Should your child require any special medication, please bring it to the camp together with a clearly specified dosage information in a separate bag (not in the toiletry bag). Medicines will be handed over to the monitors on arrival in the counter specially designated for this purpose.



#### **16. Casual Clothing**

It is very important that the child arrives at camp dressed in the GaiaCamp uniform. To avoid any loss and to help us to organize, we kindly request you to put the casual clothes for the final party in the same bag as the uniform and to clearly label the suitcase with the child's name.

#### **17. Bag/Suitcase**

All types of suitcases are allowed. Please put the camper's name clearly on the bags.

#### **18. Pocket Money**

25€. Children are requested to bring a coin purse with their name on it (the best one are those wallets with Velcro) No need to bring coins.

#### **19. Money Solidarity Day**

This money is voluntary, but it is suggested to bring 30 euros for the Solidarity Day, Experienced volunteers should comment on their experiences and where the funds will be invested . This is an important day for everyone and allows the campers to feel part of something very special. We kindly suggest to bring this money for the market in separate envelopes marked with the word "MERCADILLO" and the child's name. This way, we will be able to store it safely to avoid problems and to hand it over properly on the day of solidarity.

#### **20. Sports equipment**

Children do not need to bring any sports equipment to the camp as At GaiaCamp we provide all of the necessary equipment for the activities included in our program.

**NOTE:** It is completely forbidden to bring the following objects to the camp:

- Mobile phones, cameras, iPod, iPad or any kind of technology commercially available.
- Sharp items/valuables (loketts, rings, bracelets, watches).
- Sweets or any kind of food (for hygiene and safety reasons, we would appreciate our cooperation in this matter)