

# La Mandorla SUMMER CAMPS

## What to bring :

Sleeping bag  
Fitted sheet for single mattress  
Pillow case  
Small rucksack  
Water bottle  
Torch  
One or two books (including nature books on birds or Mediterranean plants)  
A soft toy for those who want.  
No sweets, mobile phones, game-boys or other electronic devices !...

### Clothes :

5 T-shirts  
3 pairs of shorts  
2 pairs of trousers  
1 jumper  
5 pairs of socks  
5 pairs of underwear  
1 pyjama with long trousers and sleeves  
1 swimsuit  
1 anorak  
1 baseball cap  
1 pair of waterproof sandals (for the river)  
1 pair of trainers

### Toiletries :

Organic shampoo (a small amount is enough)  
Organic toothpaste (from health food shops such as "Veritas")  
Toothbrush  
Hairbrush  
2 towels (1 hand towel, 1 shower towel)  
Sun cream  
Baby wipes (for a quick wash)  
Mosquito repellent (strong)  
Tea tree essential oil (a good natural insecticide)

AND .... An envelope with a photocopy of your child's Cat Salut health card and the registration form signed by both parents.

- Please check your child's hair before they come and, if necessary, use an **anti-head lice shampoo** to prevent the other children (and me!) from catching them.
- We recommend that you label your children's things as they don't always recognise their own clothes.
- Please pack old clothes as they may get dirty or spoilt (from paint, cooking, brambles, soil, resin from the trees ...)

\_A final tip: pack your child's case with them. That way they'll know which are their things and why they are bringing them.

For information contact:

Anouchka: (60 83 111 93) or Dominique (647740087)

We look forward to seeing you!