



PACKING LIST AND RULES

MATERIALS

- 👜 Backpack or suitcase
- 👜 9 changes of underwear
- 👜 9 t-shirts
- 👜 9 pair of socks
- 👜 2 pair of long pants, sweat pants...
- 👜 Aprox 4 pair of shorts
- 👜 Hoodie
- 👜 2 towels (one for the pool and one for shower)
- 👜 2 swimming suits and flipflops
- 👜 Tennis shoes
- 👜 A hat
- 👜 Pyjamas
- 👜 Cash (100 € more than enough)
- 👜 Flashlight with batteries
- 👜 A plastic bag for dirty clothes, laundry
- 👜 Little backpack
- 👜 Sleeping bag and yoga mat
- 👜 Personal hygiene things (toothpaste, toothbrush, gel, shampoo, deodorant, lotions, sunscreen...)

AND REMEMBER...

ABOUT SMOKING AND DRINKING ALCOHOL: *At all our camps, we maintain a very strict policy that children are not allowed to smoke or drink alcohol at any time. This policy is reiterated very clearly to all children on the first evening of camp. This policy applies to all children at camp, whether or not they are allowed to smoke or drink at home, and whether or not they are legally old enough to smoke or drink in the country of the camp. Should your child smoke or drink alcohol at camp, the camp director will contact you immediately to discuss what action he or she feels is appropriate in the specific circumstances. In the case of drinking alcohol, the appropriate action is always that your child is sent home at your expense as soon as is reasonably possible. In the case of smoking, the camp director may feel that a strong warning is more appropriate, on the understanding that a second violation of the rule will result in your child being sent home, again at your expense. In this case, the camp director will look for your support and ask that you explain the situation very clearly to your child by telephone in order that there is no misunderstanding. It is very important that you discuss this policy with your child before he or she travels to camp, in order that he/she fully understands the implications of smoking or drinking alcohol at camp.*

MOBILE TELEPHONE: *If children decide to bring their mobile phone to camp it is important to understand that be required to hand them by the monitor. They will have access to their phones during free time (between 14,45h. and 15,45h. on Tuesdays and Fridays).*

DAMAGE TO PROPERTY: *It is important that children treat the property of CÍJARA CAMPS and its suppliers with the greatest of care and respect. Any damages resulting from negligence, will be invoiced to the parents or guardians, who, as part of the booking conditions, agree to this stipulation. Where individual guilt cannot be accurately assessed, damages will be shared amongst those involved and families invoiced accordingly.*

EXCURSION SUPERVISION: *At some point in all excursions, children are given "free time" for shopping for souvenirs, having a snack, etc., in a designated, controlled area. During this time, all children are with a counsellor.*