

# NEWDAY 2023

## LUGGAGE

There simply won't be enough room on the coach for everyone's luggage and camping equipment. This has the following implications:

- **One bag per person** to go in the luggage hold on the coach – don't pack too much!
- We will take as much camping equipment as possible in a Luton van the day before. **This means we will need all camping chairs, sleeping bags, air beds (basically anything that doesn't need to be in your personal luggage) to be at the King's Centre by 4pm on Friday 28th July.** This equipment can be dropped off at the Centre any time during office hours (9am – 4pm) between Tuesday 25<sup>th</sup> July and Friday 28<sup>th</sup> July.

## FOOD

Please bring a packed lunch to eat or money to buy something during the coach stop on arrival at Norfolk Showground on 31<sup>st</sup> July. All other food will be provided. **We need to know ASAP about any special dietary requirements & allergies.**

## MEDICATION

Please make sure your son/daughter comes with any medication they may need. This should be in a sealed bag with precise instructions, clearly named and handed to a youth leader on drop-off. Please make sure you've filled out all relevant sections on the consent form. And if you need to explain anything in detail, please email Andy or Nicola in advance. Our Youth Leaders will be very busy on the 31<sup>st</sup> July, and won't be able to talk about medication instructions.

## VALUABLES

Each young person is responsible for any money, phones, etc. that they bring. How much cash is for you to decide, but bear in mind there's a book shop, as well as cafes, food vans and tuck shops. (Having said this, our excellent catering team provide three meals a day, so they shouldn't need much.) There will also be an offering taken up in one of the meetings – no-one has to give anything, but I'd suggest you discuss with your son/daughter how much they'd like to give and for them to keep that money in a sealed envelope. We'll also stop for a takeaway on the way home, so it would be helpful for young people to keep a small amount of money set aside, again in a separate envelope so it doesn't get spent throughout the week.

## BEHAVIOUR

We expect a high standard of behaviour from all our young people. In the event that behaviour does not meet with our expectations, we reserve the right to ask for your son/daughter to be collected and taken home. More details of this are on the Code of Conduct form.

## INSURANCE

The church holds an insurance policy that covers all normal activities on residential trips.

# KIT LIST 2023

This is a suggested kit list. Please remember the one bag rule for the coach. If it won't fit on the coach, it can't come with us, sorry.

1. Packed lunch or money to buy some food on the coach journey up to eat on arrival.
2. Water bottle to use in the meetings and during the day. Dehydration is a factor on hot days.
3. Sleeping bag\*\*
4. Two pillows (one for sleeping on, one for sitting on during meetings in the big top)\*\*
5. **Single** Airbed or camping mat.\*\*
6. Camping chair\*\*
7. Mug (plastic and labelled if possible) – we'll provide plates, bowls and cutlery\*\*
8. **Bible**, notebook and pen
9. Torch (headlamps are useful if you have one)
10. Warm clothes to wear as pyjamas (it tends to be cold at night!)
11. Mixture of clothes for hot or cold weather
12. Sports equipment, if your young people would like to take part in football / rugby / dodgeball tournaments
13. Waterproof coat (We tend to get extremes of weather at Newday!)
14. 2 pairs of shoes/trainers (remember, if it's wet it could get muddy!)
15. Underwear and socks!
16. Wash kit (I highly recommend a pair of cheap flip flops to wear in the shower, although the showers are of a good standard and cleaned twice a day) and spare carrier bags to hang your clothes on, on the back of the shower door.
17. Towel
18. Sun cream (those extremes of weather again!)
19. Money (for cafes, bookshop etc and for the offering)
20. A couple of bin liners for dirty/wet clothes
21. Money for a takeaway (KFC / McDonalds etc) on the way home on Saturday 5<sup>th</sup> August (please encourage young people to keep this in a separate envelope, so it doesn't get spent throughout the week)

**\*\* All of these items should be dropped off at the King's Centre during office hours (9am – 5pm) between Tuesday 25<sup>th</sup> and Friday 28<sup>th</sup> July 16pm, (along with any particularly hench bags of luggage), to be taken up to Norfolk Showground on 31<sup>st</sup> July (we leave and set up the camp early for the youth's arrival so it's really important we have their non-personal luggage prior to then). This is to make sure there is enough luggage space on the coach. Thanking you!**