

JIKAN DOJO

SUMMER CAMP KIT LIST

Personal Care

- Towels
- Toothbrush
- Sunscreen
- Skin Cream / Insect Repellent
- Anti-Perspirant
- Shampoo / Conditioner
- Nail Clippers
- Hairbrush / Comb
- Toothpaste
- Lip Balm
- Shower Gel
- Female Hygiene Products
- Sunglasses
- MEDICATIONS



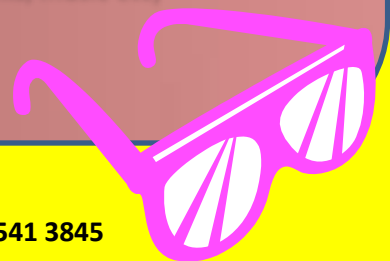
Sleep Kit

- Camp cot / Blow-up bed / sleeping surface
- Flash Light with Spare Batteries
- Pillow
- Bed sheet
- Duvet OR Sleeping Bag
- Ear plugs



Wardrobe and Activity Kit

- One pair of flip flops
- Rain coat
- Shorts
- Pyjamas / Nightwear
- At least 4 pairs of socks
- T-shirts & Long sleeve shirt
- Track bottoms for training
- Strong pair of outdoor trousers
- Small back pack
- Pens, Pencils Writing Pad
- Mobile Phone & Charger
- One pair of trainers/walking shoes
- Sun Hat / Baseball Cap
- Laundry Bag
- Lightweight or fleece jacket
- Underwear (1 week worth)
- Cold Weather Jacket
- Nice pair of trousers and shirt/top for traveling
- Karate Gi and Obi (belt)
- Personal Entertainment (games, books, music etc)
- Cold Weather Hat / Beanie
- Water Bottle



If unsure please contact the Camp Coordinator (sensei) on 0793 541 3845
Also please check the camp website regularly especially the night before the camp
www.jikandojo.com/summer-camp