



Barnard Castle School RUGBY ACADEMY

What to bring:

To help you settle in and enjoy your time at Barney, it is important to pack well before your stay.

Clothing:

Remember: although you will be coming to Barney during the summer, the British weather is unpredictable and may not be as warm or cool as you are used to. Bring clothes which are suitable for hotter, cooler or wet weather.

Washing facilities will be available throughout the week, however we advise that you bring enough clothes and training attire for one week.

Below is a list of suggestions for what to bring with you to the summer school. This will help to make sure that you don't bring too much, but also that you have everything you need.

Casual Clothing:

- Enough underwear and socks for one week
- 1 set of nightwear
- 1 or 2 pairs of jeans/trousers/shorts/skirts/dresses
- Enough T-shirts for one week
- Sports clothes (depending on the activities you want to choose, enough for four sessions per week)
- A hat/cap
- 1 warm jumper
- 1 waterproof jacket for outdoor activities
- 1 swimming costume (full bathing costume or 'board shorts', no bikinis)
- 1 pair of trainers
- 1 smart outfit for prize-giving/graduation: Boys- trousers/chinos and a shirt
Girls- dress or smart skirt/trousers and blouse

Please note that if you are deemed to be dressed inappropriately, you will be asked to change into something more suitable.

Additional clothing items for girls:

- Tights/leggings



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Training Clothing/Equipment:

- Enough training t-shirts/tops for a week
- 2-3 pairs of Rugby Shorts
- 1-2 Cold weather training tops
- 1 Waterproof training tops
- Socks (Rugby and training socks) – enough for a week
- Undergarments/Sports bras as required.
- Protective equipment (gum shield*, scrum cap, shoulder pads).
- Supportive equipment/items (Ankle, knee supports).
- 1 pair boots boots (suggested that studs for firmer ground are used)
- 1 pair trainers
- Towel
- Water bottle

* Athletes will be required to wear a gumshield for training sessions which involve contact.

Training Clothing/Equipment:

- Toiletries/Cosmetics/Towels:
- Toothbrush and toothpaste
- Shower gel
- Shampoo and Conditioner
- Hair brush
- Bar of soap
- Roll-on deodorant
- Moisturiser
- Sun block
- Sanitary towels
- Prescribed medication*
- Bedding will be provided, but please bring your own towels.

* Prescribed medication must be given to the Pastoral / Medical on arrival and not kept in your bedroom. Medication will be distributed to you at the prescribed time by an authorised member of the pastoral or medical team. We will only be able to accept medicines prescribed by a doctor from your own country if they are in a named box with a translated prescription letter. Do not bring vitamin supplements or non-English versions of medication.