

SOULED OUT

Parent Information

DEAR PARENT,

We are thrilled to have you on board for Souled Out 2025.

Your attendance is vital to ensuring you all have a memorable experience together as a family and we appreciate your enthusiasm and commitment.

This is a self catering event, but to make things easier, we have created a sample menu for you. We have also compiled a list of items to bring.

If you have any questions or need support at any point, please don't hesitate to reach out. We're here to help!

There will also be food vans available, should you wish to plan an evening around them - please note this will incur a charge.

We're excited to share that we are also having a free BBQ Thursday evening, so this is one meal you don't have to organise.

Thank you once again for your enthusiasm and teamwork.

We can't wait to share this adventure with you!

Love From

The Hillfields Youth Team



SOULED OUT

Things you may need as a Family

Catering

- Food and Drink
- Main cooking source (Gas hobs, stoves, gas BBQs)
- Cool Box
- Utensils, Pots and Pans
- Tables
- Anti - Bac
- Washing Up Liquid, Bowl, Cloths/Sponges, Tea-Towels
- Kitchen Roll
- Black Bags
- Plates, Bowls, Cutlery, Cups & Mugs



Sleeping

- Tents
- Sleeping bags
- Pillow
- *Spare Sleeping Bag
- Mallet
- Spare Tent Pegs
- Air Bed Pump
- *Spare Tent
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General

- Communal Space
- Lights for Communal Space
- Tissues
- First Aid Kit
- Fire Blanket
- Medical Information
- Torch
- Matches
- Toilet roll



Optional

- Games or Camp activities
- Camping Trolley
- Duct Tape (Fixes any issue you may come across)
- Paper And Pens



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Sample Menu



Tuesday Evening

Sausage Pasta with tomato sauce
(vegetarian options)
Shredded iceberg lettuce
Instant pudding cups
(e.g. jelly pots, rice puddings)

Wednesday

Cereal (variety)
Long Life Milk
Fruit
Juice/Tea/Coffee

Sandwiches (variety of fillings: cheese, ham, tuna mayo, etc.)
Cherry tomatoes, cucumber
Cakes

Curry and Rice
Poppadoms
Instant pudding cups (e.g. jelly pots, rice puddings)



Thursday

Cereal (variety)
Long Life Milk
Fruit
Juice/Tea/Coffee

Wraps (variety of fillings: cheese, ham, tuna mayo, etc.)
Crisps
Fruit (apples, grapes)

**Burgers and/or hot dogs
(vegetarian options)**
Salad (lettuce, tomatoes, cucumber)
**Cheese slices and sauces
(BBQ PROVIDED, NO COST)**



Friday

Cereal (variety)
Long Life Milk
Fruit
Juice/Tea/Coffee

Pot Noodles
Crisps
Left Over Snacks

Pesto Pasta with Sweetcorn
Instant pudding cups (e.g. jelly pots, rice puddings)



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Sample Menu

Saturday

Cereal (variety)

Long Life Milk

Fruit

Juice/Tea/Coffee



Snacks

Crackers

Popcorn

Biscuits

Cookies

Cakes

Cereal Bars

Fruit



Drinks

Assorted soft drinks

Juice Packs

Bottles of squash

Bottles of Water

Hot chocolate

Tea

Coffee



**This is 'Just an Idea'
of what you can do in
the cooking
department.**



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Catering made simple

Shopping List

- Pasta
- Tomato Sauce
- Sausages (vegetarian option if needed)
- Lettuce
- Instant Puddings (e.g. Jelly, Rice Pudding)
- Cereal (Variety)
- Long Life Milk
- Fresh Fruit (bananas, apples, oranges)
- Bread
- Cheese Slices (or grated)
- Ham
- Tuna
- Mayo
- Cherry Tomatoes
- Cucumber
- Cakes
- Curry Sauce
- Microwave Rice (that can be cooked on stove 3 mins)
- Poppadoms
- Wraps
- Crisps
- Pesto
- Tinned Sweetcorn
- Pot noodles
- Baked Beans
- Crackers
- Popcorn
- Biscuits
- Cookies
- Cereal Bars
- Assorted Soft Drinks
- Juice Packs
- Bottles of Squash
- Bottles of Water
- Hot Chocolate
- Tea
- Coffee

