

KIT LIST

CLOTHING

At least two changes of outdoor clothing including:

Several warm tops eg. coat, fleece, jumpers, sweaters

Long trousers - preferably not jeans

A waterproof top and trousers - can be provided if necessary

A full set of clothing for non-activity wear at meal times / evenings

Sun hat or woolly hat, gloves, scarf

PLEASE ENSURE CHILDREN ARE IN THEIR OUTDOOR CLOTHING, FOOTWEAR AND COAT ON ARRIVAL
(they will go on their first activity after lunch and will not have access to their bags until after the activity session at around 3.45 pm)

FOOTWEAR

An old pair of training shoes for wet and muddy activities

A second pair of trainers or walking shoes

Wellington boots - can be provided if necessary

Slippers or other indoor shoes

WATER / BEACH SHOES ARE NOT APPROPRIATE FOOTWEAR FOR ACTIVITIES

BEDDING

Pillow case and sleeping bag or duvet cover

OTHER

A lunch box & juice bottle for packed lunches – use this to bring your own lunch on the first day and then for lunches provided through the week

A large shower towel & toiletries

Medication – e.g. asthma inhaler/epi-pens or other medication required

Sun screen and bug repellent

A day bag/small rucksack may be useful on some activities

PLEASE DO NOT BRING RADIOS, MUSIC PLAYERS, MOBILE PHONES, GAMES CONSOLES ETC TO THE CENTRE