

WHAT TO PACK

Please use the table below as a guide line as to what to pack for your child's week of activity with us at Adventure International. Obviously the prevailing weather conditions for the forthcoming week will have an influence on exactly what to pack so please do have a look at the weather forecast for the week of their trip. Please also be aware however that the weather here on the North Coast of Cornwall can be very unpredictable and it is sensible to have cover for most eventualities.

Items to Pack			Specialist Equipment	Packed
4	X	T-Shirts	Any specialist equipment required for activity sessions is provided by the centre. This includes : Helmets, Harnesses, Wetsuits, Padding, Gloves, Waterproof Spray tops & Jackets and all session equipment such as Ropes, Surfboards, e.t.c.	
3	X	Long Sleeved Tops		
3	X	Shorts (no short length shorts on activities)		
3	X	Tracksuit Bottoms		
4	X	Jumpers		
1	X	Clothes to wear in the evening		
8	X	Socks (no trainer socks on activities) & Underwear		
1	X	Warm Jacket/Coat		
2	X	Trainers to stay dry		
1	X	Wet Shoes or Trainers to get wet		
2	X	Swimwear		
2	X	Towels		
1	X	Toiletries		
1	X	Water Bottle		
1	X	Hat		
1	X	Sun Lotion		
1	X	Hair Bands		
1	X	Fancy Dress Costume		
1	X	Black Bin Liner for Wet Clothes		

What Not To Pack

Please do not allow your child to bring any of the following items to the centre :

Mobile Phone, Cigarettes, Drugs, Alcohol, Matches, Lighters, Pets, Electric Iron, Curling Tongs, Hair Straighteners, Ipods, MP3 players, Games Consoles, Jewellery, Chewing Gum, Sweets or Fizzy Drinks.

Medication & Jewellery

Any medication required to be taken by your child should be clearly labelled and handed to the teacher prior to departure with clear instructions for distribution.

Any child that requires an **Asthma Inhaler** or **Epi Pen** must have it with them on all activity sessions

Jewellery **CANNOT** be worn on any activity session.

