

# Kit List

## Clothing

At least two changes of outdoor clothing including:

Several warm tops e.g. coat, fleece, jumpers, sweaters

Long trousers - preferably **not** jeans

Waterproof jacket and trousers (ideally with taped seams) - cagoules and waterproof 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 3.45pm)*

## 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

Sleeping bag OR duvet cover (single duvets are provided)

## Other

A lunch box and 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.**