



# 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

## **CHILDREN SHOULD TRAVEL IN THEIR OUTDOOR CLOTHING, FOOTWEAR AND COAT**

*(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

Sleeping bag OR duvet cover (single duvets are provided)

## OTHER

A day bag/small rucksack

A lunch box & drinks 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

**PLEASE DO NOT BRING RADIOS, MUSIC PLAYERS, MOBILE PHONES, GAMES CONSOLES ETC**

**FOOD IS NOT ALLOWED IN THE DORMITORIES**