



Suggested Kit list

Please make sure all items on the list are clearly labeled - The idea of this list is to keep you comfortable during your stay. If you don't have something, try and borrow it you don't have to buy everything new just because it is on this list! Pocket money does not have to be lavish (£5 or £10), some small change is useful for the pool table and you may wish to bring a 50p piece to make one pre-planned 'phone call home.

NOTE: Check your programme with your group leader and to save time it is best to travel in clothes suitable for your first activity session.

- ✓ **Clothing:** SEVERAL complete changes of clothes, including: warm jerseys/ sweat shirts, shorts, some T-shirts and enough socks & underwear for every day. Waterproofs (very important!): light waterproof top, with waterproof trousers. (The Centre does have some waterproofs you could borrow if needed.) *NB: Jeans are not suitable for activities but are OK for free time.* When packing please try to bear in mind the weather forecasts and adjust your clothing accordingly.
- ✓ **Foot wear:** a variety of shoes. Wellington boots (*not for raft building*) or old trainers for mud and wet, something for indoors and something for games. Walking Boots are not necessary, but may be useful.
- ✓ ALL BED LINEN IS PROVIDED.
- ✓ **Washing Bag:** With toothbrush & toothpaste soap & flannel / comb and /or brush, shower stuff. Please don't bring smelly sprays some people who get asthma are affected by them.
- ✓ **Nightwear/PJ's**
- ✓ **Two Towels:** one large (Shower / rain!) & one small (washing!).
- ✓ If you anticipate hot weather a clearly named **screw topped**, plastic, drink container. (Press on lids squeeze off in rucksacks and soak everything in sticky liquid!) (Sticking plaster makes a good temporary label)
- ✓ **A Suitcase** or **Soft Holdall** to put your main kit in, they are easier to keep tidy than rucksacks.
- ✓ A book or books, cuddly toy or puppet and a small quiet game such as cards.
- ✓ **Some black plastic bin liners for dirty washing etc.** A few plastic collecting bags - for stuff you find, you may bring a disposable camera at your own risk.
- ✓ We suggest you **do not bring electronic games or mobile phones**, Walkman's, iPod's, MP3 players or anything else of value that might get broken or lost.
- ✓ Lip salve, sun block, sun hat, gloves..... Just in case!
- ✓ **Swimwear** (if appropriate)