

Suggested Kit List

Outdoor Activities

	One set of clothes per day
	Warm layers
	Trainers or outdoor shoes
	Waterproof jacket
	Sun hat or woolly hat and gloves
	Hair bobbles for long hair

Water Sports

	Clothes you don't mind getting wet
	Shoes you don't mind getting wet
	Spare towel
	Plastic bag for wet things

Indoor Activities

	Indoor Shoes
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Optional Items

	Waterproof trousers
	Wellington boots
	Torch

General Items

	Pocket money (we recommend no more than £5/£10 in small change)
	Packed Lunch (if you are arriving at the centre in the morning)
	Towel
	Wash kit (toothbrush, tooth paste, soap, flannel, shampoo, roll on deodorants only)
	Sun cream
	Insect repellent/hay fever medication if necessary
	Nightware/Pyjamas
	Enough underwear and socks for your stay, plus spares in case you get wet
	Water bottle
	Optional: books, teddy, quiet games such as cards or board games
	Small plastic bag for dirty clothes

Please make sure all the items on the list are clearly labelled. The idea of the 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 the list. Check your programme with your group leader and to save time, it is recommended that you travel in clothes suitable for your first activity session

Please note, jeans, 'short' shorts and crop tops are not suitable for activities, we advise tracksuit bottoms. Open-toed shoes are not suitable footwear for activities.

When packing please bear in mind the weather forecasts and adjust your clothing accordingly.

All bed linen is provided.

A few things to remember:

- Your clothes may get dirty, so don't bring your best stuff.
- Please do not bring electronic games, radios, personal stereos or anything else that makes unnecessary noise or may get lost or broken.
- No aerosols please (our fire detectors in the bedrooms are extremely sensitive and will be triggered by spray deodorants)
- We advice bringing a suitcase or soft holdall for your main kit as it's easier than a rucksack to keep tidy.