

EQUIPMENT LIST

Here is a list of what to pack for your week away. Please **do not** bring **smart clothes**, there will be no opportunity to wear them! As there is very limited storage, we suggest everything is packed in a soft holdall rather than a suitcase.

Clothing

T-shirts
Long sleeved tops
Tracksuit pants or leggings (for activities)
Jeans (for evenings only)
Warm Jumpers/Fleeces
Waterproof cagoule
Waterproof trousers if available
Shorts
Underwear
Socks, at least one thick pair
Warm night clothes
Swimsuit
Gloves & a scarf
A warm hat
A sun hat (**a must!**)

Toiletries

2 towels
Toothbrush
Toothpaste
Soap/shampoo
Flannel
Sun block (**a must!**)
Hair ties for long hair

Warm Bedding

Pillow, sheet & sleeping bag

Or

Pillow, sheet & duvet

Other

Book to read
Diary
Pens and pencils
Paper/writing paper
A torch and spare batteries
Plastic bags for dirty clothes (large black)
Drink bottle for water (**a must**)
A small rucksac

Footwear

Trainers/Strong shoes (x2 pairs)
Shoes to wear in water

Optional

A camera (preferably disposable)
Pocket money, £10 maximum

Note: Specialist equipment is provided for all activities

NO MOBILE PHONES, ELECTRONIC GAMES, CD PLAYERS, RADIOS, IPODS, MP3S, SWEETS, JEWELLERY

Please make sure that children bring **LOTS OF OLD CLOTHES** for activities, as they will undoubtedly get wet, muddy and suffer from wear and tear. It's important that children do not wear jeans during activities for safety and comfort reasons. To guard against injury, closed shoes ie trainers, must be worn for all activities, including those that are waterbased. The sun can be surprisingly hot, please make sure to pack a sun hat and sun block. Children will need to fill their drink bottles with water and take them to daytime sessions so as to prevent dehydration.