

# WHAT TO BRING

Please ensure that all items are named.

## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets**
    - T-shirts
    - Long sleeved shirt/T-shirts
    - Waterproof jacket
    - Fleeces/jumpers
  - Trousers or leggings**  
but not jeans as they get heavy and cold when wet
  - Underwear & socks**
  - Swimming costume/trunks** for water activities
  - 1 or 2 sets of clothes for the evening
  - Suitable nightwear**
- Your arms will need to be covered to do some activities.*
- Your socks will need to cover your ankles to do some activities.*
- You will need clothes you can get wet in too!*
- MAIN SUITCASE / BAG**  
Make sure your main suitcase/bag can be carried and lifted by your child

## FOOTWEAR

- 2 pairs of trainers
  - 1 for activities
  - 1 old pair for watersports
- 1 pair of dry shoes for evening activities

## OTHER ITEMS

- 2 towels
  - 1 for showering
  - 1 old one for activities
- Reusable drinks bottle
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Sleeping bag and pillow
- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- Hair ties for long hair
- Torch
- Pocket money £10

## TRAVELLING IN THE...

**...SPRING?**

- Coat/Jacket for chilly evenings
- Baseball cap/sun hat
- Sunscreen

**...WEATHER**

Be prepared for the weather forecast of the week

## PLEASE DO NOT BRING

- Electrical devices
- Computer games
- Food items that contain nuts
- Jewellery/valuables
- Aerosols
- No food

### What to wear

We have included some guidance on what to wear and what not to wear for the activities

#### Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

#### Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

#### Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts