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.

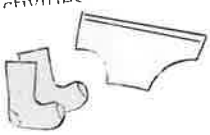
Your arms will need to be covered to do some activitie

- ☐ **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**

Your socks will need to cover your ankles to do some activities

- ☐ **Swimming costume/trunks** for water activities
- ☐ 1 or 2 sets of **clothes for the evening**
- ☐ Suitable **nightwear**



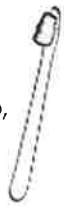
FOOTWEAR

- ☐ **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
- ☐ **Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring aerosols)



- ☐ **Hair ties** for long hair
- ☐ **Torch**
- ☐ **Pocket money £10-20 Recommended**

TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact us. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

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

PLEASE DO NOT BRING

- × **Electrical devices**
- × **Computer games**
- × **Food items that contain nuts**
- × **Jewellery/valuables**
- × **Aerosols**

If you bring your **mobile phone**, please note, it is not covered by our insurance.