



KIT LIST

Kit for each activity is shown by category. Several items are duplicated, so please bring “more” rather than “less”. If the weather is wet children can run short of socks and old trainers so try to bring several pairs.

Kayak/canoe.

Old trainers, long sleeved shirt or tee shirt, shorts or trousers (not jeans), lightweight cagoule, swim wear, large towel, a warm top. Trainers will become wet and bare feet are not permitted, so changes of footwear are necessary.

Climbing, abseiling and high ropes: Tee shirt, warm top, waterproof jacket/trousers (according to weather). Trainers, shorts/trousers.

Other activities and general: Underwear. A waterproof jacket is essential and waterproof trousers are advised. Wellington boots, although not fashionable, are ideal in wet weather. Washing and toiletry requirements, including a small towel. Nightwear. Warm hat.

Personal Items:

A packed lunch is needed for the first day.

A sleeping bag and pillow.

An insulating ground mat is recommended for the nights in the tents.

Tea towel, knife, fork, spoon, plates, mug, bowl (all ideally unbreakable) and plastic bag to keep them in.

Torch and spare batteries.

A few bin liners help when packing wet clothing during/after the course.

Stamped, home addressed envelope with two sheets of writing paper.

Small game for amusement (at own risk) and a good book to read.

Familiar toy for comfort (optional)

Maximum of £5 spending in a named purse (there is a small shop on site).

Pencil crayons/felt tipped pens.

A reusable drinks bottle is needed.

Sun hat and sun cream are vital.