



## WHAT TO BRING

### ALL CLOTHING SHOULD BE OLD AND COMFORTABLE

- Warm outdoor coat, preferably waterproof
- Two or three sweaters or warm jumpers - depending on length of stay
- Three or four T-shirts - depending on length of stay
- Two or three pairs of trousers - tracksuit bottoms are better than jeans
- Socks and underwear
- **A complete change of clothing, including footwear is essential for rafting and wellingtons cannot be worn for this activity.**
- Pyjamas
- Slippers, trainers or pumps for indoor wear
- Substantial trainers or boots for outdoor wear
- Wellingtons - but not instead of outdoor footwear and they must not be worn for rafting.
- Hat and scarf for cold weather
- Gloves - useful even in warm weather
- Medication if applicable
- Large towel
- Basic toiletries - soap, shampoo, toothpaste & brush, hairbrush or comb
- Lip salve - essential in cold weather
- Sunscreen - essential in hot weather
- Insect repellent - we recommend DEET formulated insect repellent (e.g. Jungle Formula)
- A large bin bag for wet/dirty clothes
- Purse, wallet or moneybag with name on

### SPENDING MONEY

Between £5 and £10 is sufficient depending on length of stay.

There is a small souvenir shop on site and all the items are under £6.00.

Souvenirs are usually bought on the last morning of a residential visit.

**OPTIONAL** Book, board game or similar, torch, camera- disposable is best, with name on

### PLEASE NOTE

Chewing gum is not allowed in the Centre.

Children should be discouraged from bringing expensive personal items, and **SHOULD NOT** bring mobile phones. Several signals are very weak at the Centre and adequate provision is available to contact parents if necessary.

Personal jewellery is best left at home too. Items of jewellery can be a potential hazard during activities.