

2-day residential kit list

Activity Clothing (old or well-worn is suitable as it will get wet / muddy).

Walking Boots/Wellies/Outdoor Shoes/Old trainers

Separate old pair of trainers / shoes for water activities – They will *definitely* get wet!

Waterproof jacket and trousers (only if you already have them)

Warm Jacket/Fleece

4 x Sweatshirt/Hooded top

4 x T Shirts

4 pairs of trousers (*not* denim/ jeans or leggings – tracksuit / combat trousers are ideal)

6 x Pairs of socks

6 x Underwear

Hat (sunhat or cap for summer, warm hat for colder days)

Gloves

Indoor clothing

1 x full set of clean clothes for return travel.

Night wear / Pyjamas

Slippers

Wash Kit

Towel

Tooth brush and paste

Shower gel / shampoo

Hair brush

Medical

Inhaler(s) – Labelled with name of user

Any prescribed Medication (Labelled / Named)

Seasonal remedies (e.g. hay-fever sprays).

Miscellaneous

Water bottle – Ideally 1 litre

Small Rucksack

Bin Bags / Carrier bags for dirty, wet clothes and footwear.

Sun Cream – preferably a brand used before

Lip Balm / Chap stick

Insect Repellent

Sun Glasses

All specialised clothing and equipment will be supplied.

Please NO: Jewellery, mobile phones, personal music players or handheld game consoles

