



# Kit list

## Clothing

Take plenty of clothing in case of wet/cold weather. Clothing should be **old**.

- Nightwear (that you are happy to be seen in!)
- Underwear
- Socks, including **long socks** (over ankle high)
- 2 or more fleeces / Sweatshirts
- 3 T-shirts
- 1 Long sleeved T-shirt
- 3 pairs of old trousers/leggings (**not jeans**)
- 2 pairs of comfortable trainers/walking shoes (1 very old for wet/dirty activities!)
- 1 complete set of clothes to get soaked (raft building)
- 1 pair of shoes or trainers for indoors
- **Waterproof** coat
- Hat & gloves in case of cold weather
- Clothes for evening/ journey home

## Other Essentials

- Sleeping bag or duvet & pillow
- Wash bag (soap, toothbrush, shampoo, hairbrush etc.)
- Bands to tie back long hair – essential for some activities
- 2 Large towels
- Torch & batteries
- Plastic bottle for drinks – CLEARLY NAMED
- Lypsyl – a good idea as lips can get very sore when outdoors all day!
- Stamped addressed postcard(s)/envelope(s) & paper for letter home
- Small Rucksack – not a shoulder bag!
- Labelled plastic bags / bin liners (for wet/dirty items)\*
- Named purse/wallet (without any money in it!)

## Additional Items you may like to bring

- a smallish soft toy!
- books/comics/magazines
- small games e.g. trump cards, puzzle books etc
- camera – cheap disposable cameras are a good idea as you will be responsible for keeping it safe!

## Please do not bring

mobile phones, electronic games, jewellery/valuables or any additional sweets/snacks (you will get plenty to eat!), aerosols