



Let the adventure begin...



Sample Kit List:

Item	Number of Items	Packed at home	Packed at centre
Clothes			
Night wear			
Underwear			
Pairs of socks (including plenty of spares)			
Trousers (It is important that the students do not wear jeans whilst doing the activities for safety and comfort reasons)			
Shorts			
T-Shirts			
Long sleeved top for archery			
Jumper/sweatshirt/fleece			
Waterproof jacket/anorak			
Waterproof trousers or trousers that can get muddy			
Disco clothes			
Towels			
Swimwear			
Trainers or other substantial footwear, plus extra to get wet/dirty			

Toiletries			
Toothbrush			
Toothpaste			
Sponge/facecloth			
Soap / Shower gel			
Hair products i.e. shampoo/conditioner			
Hair ties (for long hair)			
Sun cream			

Other			
Sunglasses			
Book/magazine to read			
Water bottle			
Gloves/hat/cap			
Camera			
Small Torch			
Sleeping bag/duvet and pillow (children only)			