

KIT LIST



Please bring with you clothing and kit suitable for activities in an outdoor environment. If you do not have some of the items on list below please let us know and we may be able to lend equipment (boots / waterproofs / sleeping bags). We strongly advise you not to bring valuables (mobiles / ipods / cash / clothing / sun glasses) as we cannot take responsibility for loss or damage.

Day and Evening Activities

Equipment

Wear clothes and shoes that can get dirty / wet
Full change of clothes
Sturdy shoes (No crocks or open toe shoes)
Separate shoes to go in water (wetsuit boots or trainers)
Swimming shorts and t-shirt or rash vest over swimming costume and towel (wetsuit if you have one)
Packed lunch and plenty of juice or water (no fizzy please)
Sun cream / hat
Waterproof coat / Wellington boots
Any medication (please inform instructor if carrying medication)

Residential

Equipment

Sleeping bag
Pillow
Torch
Towel
Warm clothing
Night clothes
Toothpaste / toothbrush / shower gel etc
Teddy bear (optional)

Facilities

Kitchen / Utility - Basic facilities which include fridge freezer, oven and gas hob, microwave and cooking / serving utensils. We also have a washing machine and tumble dryer if required. Please bring your food in plastic boxes with sealed lids to keep food fresh and protected.

Showers / Toilets – Toilets are located in the main reception area as well as toilets and showers close to the camping area.

A full Health and Safety briefing will be given on arrival. Please contact us if you have any queries about facilities / access.