

# 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 crocs, flip flops 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 drinks and NO energy drinks))

Sun cream / hat

Waterproof coat / Wellington boots

Any medication (please inform instructor if carrying medication)

Your adventure is in our beautiful outdoor site, so insect repellent might be useful

---

## 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.