



It is of **UTMOST IMPORTANCE** that our Kit List is adhered to for your safety. We will not permit anyone to take part in activities without the correct kit.

Please ensure everything is labelled with full names.

GENERAL ITEMS

- Sleeping bag & pillow
- Wash kit & towel
- Nightwear
- Underwear & socks



SUGGESTED CLOTHES

- Two or three sets of activity clothes - see activity kit list for further info
- Sweatshirt or similar
- Two Fleeeces/warm jumpers
- Two pairs of trainers (one set for wet activities)
- Warm coat
- Waterproofs including waterproof trousers if you have them
- Woolly hat & gloves
- Old Towel (as well as a wash towel)
- Wellies/sturdy walking boots



OTHER ITEMS

- Water bottle (ideally 1 litre)
- Torch
- Plastic bags to bring wet gear home
- Sun block, sun hat & sunglasses

Please bring a small rucksack/backpack to keep your waterproofs, packed lunches etc in between activity sites.

