

- Sleeping bag
- Airbed, roll mat or camp bed (optional if camping)
- Pillow
- Wash kit (tooth brush, tooth paste, soap)
- Towel
- Pyjamas
- Underwear
- Socks
- T-shirts
- Shorts
- Long trousers
- 2 Warm layers (hoodie or fleece)
- Waterproof coat
- At least one full change of clothing per day
- Two pairs of shoes – trainers or walking boots/shoes
- Spending money for the shop
- Medication (please hand this to your leaders)
- Book, teddy and game for quiet time (optional)
- Sun cream and hat
- Water bottle
- Kit bag, suitcase or rucksack to carry it all in.

Activity Specific clothing:

- Shoes with closed toes (such as trainers) for off-the-ground activities, challenge course and sensory trail.
- Scruffy clothing and old trainers or water shoes for water activities.
- Long sleeved tops and trousers for archery and caving simulator.

Don't bring:

- Your favourite 'best' clothes.
- Electronic games/phones
- Anything that can easily be damaged or broken.