

SUGGESTED KIT LIST

FOR EVERYONE

Towels, soap, toothbrush and other wash-kit items such as toothpaste and shampoo.

Nightwear (we provide everything on the bed (sheets, pillows, duvet etc) but you need to bring what you wear in bed. *Remember that our bedrooms are normally quite warm.*

Changes of underwear and outer clothes to last you through the time you are here.

IF YOU ARE TAKING PART IN ACTIVITIES (or plan to go outside for walks or sport)

Warm clothes such as sweatshirts, hoodies and track-pants (plus a woolly hat and gloves in the winter).

Long trousers (important for safety on some activities) but not trousers that will be stiff or heavy when wet

Waterproof jacket (and overtrousers if you have them) because you may have to sometimes wait in the rain during an activity.

Trainers—at least 2 pairs, one that you don't mind getting wet and maybe muddy on activities and another to wear indoors for the dining room, meeting rooms and sports hall.

Wellies (especially if you plan to go for any walks in the forest or countryside nearby)

Old clothes for activities like Raft Building where you may get wet and muddy.

IMPORTANT THINGS TO REMEMBER

Pocket money (coins) for the shop and vending machines (if your group leader allows you to use these)

Water bottle/Drinks container to take out on activities (especially in the summer)

Plastic bags and bin liners to put dirty and damp clothes into for taking home.

Cap or sun hat, sun block (important from April to September).

Cuddly toy, games, playing cards

WE RECOMMEND

High value items (such as mobile phones, i-pads etc) should be left at home because they easily get lost or damaged.

Medicines, inhalers etc are handed over to your group leader for safe keeping during the stay and issued to you when required.

Everything is marked or labelled with your name.

A reminder for school groups. Most school groups arrive during the morning on a weekday and their first meal from the centre will be early evening. This means that you need to bring a packed lunch from home on day one please.