

# Kit List

Participants must be prepared to be outside for the majority of the day during their programme. Therefore, we recommend that you pack old clothes that you don't mind getting dirty and wet. A cleaner, neater set of clothes is suitable for the evening.

Do not bring new clothes, valuable jewellery or watches. We strongly recommend against phones for old participants

All items should be labelled to help us reunited lost items with owners!

## Outdoor Activities

For those on an adventure day, you just need clothes to wear and one complete set of below

For those on 3-day programmes, you need to pack 2 sets of:

For those on 5-day programmes, you need to pack 4 sets of:

- Trousers (tracksuit bottom or cargo pants)
- T-shirt
- Jumpers (sweaters, fleeces)
- Socks (thick and warm)
- Underwear
  
- Trainers you can get wet/muddy
- Second pair of clean trainers
- Swim wear and wet tshirt
- Warm jacket/coat

## Useful Items

- 1l water bottle
- Torch
- Plastic bags for dirty/wet clothes
- Sun cream/sun hat
- Hat, gloves, scarf
- Small ruck sack
- Pocket money for ice cream/tuck shop (£5 max)

## Overnight

For those staying over night

- Pillow and pillow case
- In Hall:
  - Bottom sheet
  - Duvet cover or sleeping bag
- In Summer Village:
  - Sleeping bag
  - Blanket
- Pyjama's
- Slippers / Sliders
- Washbag and Toiletries (personal medication, lip salve, plasters)
- Towel

## If you have them

*But don't worry or buy if you don't have these items*

- Wellies
- Walking boots
- Waterproof coat
- Waterproof trousers

