

# Kit List

It is important that you can stay warm and dry. Please bring **old clothes** that you don't mind getting wet and muddy. Remember to pack appropriately for the season and to bring spare clothes. Please ensure that all clothes are labelled with your name.

## CLOTHING

- Trousers
- Long sleeved tops
- T-shirts
- Fleeces, jumpers or sweatshirts
- Socks
- Thick socks
- Underwear - remember to pack spares
- Pyjamas

## TOILETRIES AND OTHER ITEMS

- Wash kit
- Large towel
- Hair bobbles (if you have long hair)
- Sunscreen
- Menstrual care products
- Water bottle
- Small backpack
- Face mask

## OUTER CLOTHING

- Hooded waterproof jacket
- Waterproof trousers
- Hat, scarf and gloves (Winter)
- Sun hat (Summer)

## FOOTWEAR

***Pack near to the top of your case so you can access them when you arrive.***

- Trainers for indoor use (not slippers)
- Tough outdoor shoes/boots (wellies are suitable as one pair)

## WATERSPORTS

***If you are doing raft-building, canoeing and kayaking, stand-up paddleboarding***

- Swimming costume
- Additional pair of old trainers (not wellies/flip-flops)
- Tracksuit trousers
- Jumper and t-shirt
- One full set of spare clothes (including underwear)

All duvets and pillows are provided and are synthetic and anti-allergy. We ask guests to refrain from bringing their own bedding/ sleeping bags. This allows us to maintain a high quality, clean environment for all guests.

We ask all guests to bring both indoor and outdoor shoes. There is a shoe rack at the main entrances and clean indoor shoes (not slippers) must always be worn inside the centre.