

Lockerbie Manor - Parent Information

Our residential trip will soon be upon us and below you will find information on what the children should bring with them. Please note if your child has long hair then they should bring plenty of hairbands to tie their hair back for the activities.

What to pack

Here's a list of things you'll need to pack - along with a few that aren't essential but could be useful.

Things you need:

- Luggage - please restrict this to one case/rucksack or holdall plus one piece of hand luggage.

(Metal frames rucksacks should be avoided as they are difficult to fit into the coach)

- Freshly laundered Sleeping bag, Pillow & Pillowcase
- A drink bottle (essential in the summer)
- Torch (for evening walk)
- Rucksack
- Wash Bag & Toiletries etc (please note deodorants must be roll-on, NO aerosols or glass bottles)
- Old clothes for activity sessions at least 6-7 sets for a week (allocate 1 set for water activities (2 layers) and 1 set for muddy activities)- Long-sleeved shirts/jumpers, trousers / jogging bottoms (NO denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty. Lots of underwear & socks (ankle or above). Clothes, shoes and underwear for other times.
- Shoes at least 3 pairs; 1 for indoor, 1 sturdy pair and 1 pair for wet activities
- Waterproof Jacket (Trousers are handy too)
- Large plastic bag for dirty clothes
- Towels x 2 (1 for showering and 1 for water activities)
- Hat & Gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and indoor shoes / slippers

Useful items:

- Books, playing cards and other quiet activities

Useful notes:

- No wellies
- Please name all clothing
- Denim jeans are not allowed on any activity
- No glass containers

· No jewellery (including piercings), except for stud earrings

Manor Adventure can't accept liability for the loss of any personal property brought to our centres - so please don't bring any valuable items, expensive clothing and footwear, mobile phone, handheld games consoles etc. We're unable to store them and they won't be insured whilst on centre.

Manor Adventure cannot accept responsibility for any insect bites/infestations if brought in on clients' sleeping bags/bedding

PAGE 12

WHAT TO WEAR ON SESSIONS

HILLWALKING (Depending on the time of year)

Wear warm and comfortable clothes, for example:

1 or 2 layers of T-shirts, long sleeved tops and jogging bottoms.

Bring waterproof jacket and trousers.

Wear sensible footwear that will support your feet, for example: Walking boots, strong shoes or trainers. Make sure that your laces are done up properly.

Bring a torch on the Evening Walk.

If you are taking medication please remember to bring it with you

HAVE THIS ALL READY BEFORE YOUR SESSION STARTS

WHAT TO WEAR FOR ACTIVITIES

**WATER
BOTTLE**



WATERSPORTS - SUP. RAFT BUILD. CANOE. KAYAK



- LONG SLEEVES AND TROUSERS, MINIMUM OF 3 LAYERS ON TOP IN WINTER **PLUS** A WATERPROOF JACKET!
- OLD SHOES THAT CAN GET WET
- A TOWEL AND SPARE JUMPER IN A BAG!

HIGH ROPES. ABSEIL. ZIPWIRE. HIGH ALL ABOARD. JACOBS LADDER. SURVIVAL. BIVI. CAMPCRAFT. BIKE SKILLS. LOW ROPES. CLIMBING. CRATE STACK

- LONG SLEEVES AND TROUSERS
- TRAINERS OR WALKING BOOTS/SHOES



IE'S. COMPASS. HILLWALK. VOLLEYBALL. NATURE TRAIL. EVENING WALK. MANOR OLYMPICS. WIDE GAMES. TEAM GAMES. VIDEO. QUIZ. DISCO. ORIENTEERING. SCAV
WEATHER DEPENDENT- T-SHIRT AND SHORTS IF APPROPRIATE WEATHER.

BLINDTRAIL. OBSTACLE COURSE

- WATERPROOFS
- OLD SHOES
- VERY MUDDY!
- LONG SLEEVES
- LONG TROUSERS

ARCHERY

- LONG SLEEVES
 - LONG TROUSERS
- ## **FENCING**
- ## **RIFLES**
- LONG SLEEVES



FOR ALL ACTIVITIES!

- NO JEANS
- NO WELLIES, CROCS, FLIPFLOPS, UGGS
- LONG HAIR TIED UP
- JEWELLERY/PIERCINGS REMOVED
- TAKE A RAIN COAT TO ALL (JUST IN CASE)
- SUNCREAM/HAT/GLOVES WEATHER DEPENDANT

