



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)
- Clean Sleeping bag, Pillow & Pillowcase
- A drink bottle
- Torch (for evening walk)
- Rucksack
- Wash Bag & Toiletries – toothbrush, toothpaste, deodorant etc (please note deodorants must be roll-on, NO aerosols or glass bottles)
- At least 2 jumpers
- Long sleeved tops and t-shirts (at least 3 of each)
- At least 3 pairs of long trousers/leggings – (no jeans are allowed on activities)
- Pair of shorts if it's warm
- 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 for walking and 1 pair for wet activities
- Waterproof Jacket (Trousers are handy too)
- Large plastic bag for dirty clothes
- At least 2 towels
- Hat, scarf & gloves
- Sunglasses, sun cream and hat in summer
- At least 2 Sets of Pyjamas – including slippers/jumper in cold weather
- Hair bobbles if you have long hair

Useful items:

- Books, playing cards and other quiet activities
- Colouring/Drawing resources for free time
- Safe place for money – wallet/purse that can be closed safely
- Lip balm/hand cream – especially in winter
- Packet of tissues

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
- No tablets, phones or electronic devices of any kind

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.

WHAT TO WEAR ON SESSIONS

WHAT TO WEAR FOR ACTIVITIES

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!

**WATER
BOTTLE**



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. SCAY
WEATHER DEPENDENT- T-SHIRT AND SHORTS IF APPROPRIATE WEATHER.

- ### **BLINDTRAIL. OBSTACLE COURSE**
- WATERPROOFS
 - OLD SHOES
 - VERY MUDDY!
 - LONG SLEEVES
 - LONG TROUSERS

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

