



- Sleeping bag (and roll mat if sleeping outside)
- Pillow (optional)
- Night clothes
- Wash kit (tooth brush, tooth paste, soap, shower gel, etc.)
- Towel
- Waterproof coat
- Warm hat, gloves
- Additional warm clothing for cooler weather and night-time
- At least one full change of clothing (including underwear) per day
- Two pairs of footwear (such as trainers)
- Spending money for the shop (Providore)
- Medication (please hand this to your leaders)
- Book, teddy and game for quiet time (e.g. Top Trumps)
- Sun cream and hat

**Activity Specific clothing:**

- Shoes with closed toes (such as trainers) for off-the-ground activities, challenge course and sensory trail.
- Scruffy clothing and trainers or water shoes for water activities.
- Long sleeved tops and trousers for archery and caving simulator.

**Don't bring:**

- Your favourite 'best' clothes.
- Electronic games.
- Anything that can easily be damaged or broken.