

Suggested Packing List

- 5 T-shirts
- 3 Sweatshirts/ Long sleeve tops *These are vital for activities that include ropes
- 4 Pairs of trousers
- 1 Pair of shorts
- 6 Sets of underwear
- 6 Pairs of socks
- Waterproof clothing (Jacket and/or Trousers)
- 1 Pair of old trainers for activities
- 1 Pair of sturdy outdoor shoes/boots or wellingtons
- 1 Bath towel
- 1 Coat
- 1 Warm hat / sun hat
- 1 Set of nightwear
- 1 Bag of toiletries
- Large plastic bag for dirty clothing
- Disposable camera (optional)

Notes on the suggested clothing

1. Please do not bring any new or expensive items
2. Due to the nature of the activities it is possible that clothes may occasionally get damaged. All clothing should be suitable for use in an outdoor, and often muddy, environment. Old clothes are best, not new or expensive clothing.
3. Jeans are not suitable for our activities, as they are cold and restrictive when wet and difficult to dry. Tracksuits, jogging bottoms or combat style trousers are ideal
4. In hot weather sun lotion and insect repellent is strongly recommended. In cold weather it would be a good idea to bring some warm gloves.