



SUGGESTED KIT LIST

<u>Clothes</u>	Number of Items	Packed at Home	Packed at Centre
Nightwear			
Underwear			
Pairs of Socks (including plenty of spares)			
Trousers (for safety and comfort, jeans are not allowed whilst doing the activities)			
Shorts (no shorter than knee length for rope activities)			
T-Shirts			
Long Sleeved Top (for Archery, Fencing & Archery Tag)			
Jumper / Sweatshirt / Fleece / Hoody			
Waterproof Jacket / Anorak			
Waterproof Trousers / Trousers that can get muddy			
Disco Clothes			
Swimwear (for Wet & Wacky)			
Gloves / Hat / Cap			
Trainers / other Substantial Closed-Toe Footwear, plus extra to get wet/dirty			
<u>Toiletries</u>	Number of Items	Packed at Home	Packed at Centre
Toothbrush & Toothpaste			
Hand Soap / Hand Sanitiser			
Soap / Shower Gel			
Shampoo & Conditioner			
Hairbrush / Comb			
Hair Ties for long hair			
Sun Cream			
Insect Repellent			
<u>Other</u>	Number of Items	Packed at Home	Packed at Centre
Towels			
Sunglasses			
Sleeping Bag / Duvet (if not provided at centre)			
Labelled Medical Supplies (if applicable)			
Water Bottle			
Headtorch			

Please note: New piercings can be covered by a plaster, but dangling earrings/jewellery must be removed. Knees and shoulders must be covered on all off-ground rope activities. T-shirts must also go over your shorts/trousers (no crop tops please) as we do not want the harnesses sitting on bare skin.