

## HIGH ADVENTURE EQUIPMENT LIST

2 large towels

Warm jacket e.g. fleece

Thin waterproof jacket and lightweight waterproof trousers

Indoor footwear

2 pairs of outdoor footwear (such as trainers) which may get wet/dirty, plus one pair of pumps that will definitely get wet during canoeing

Re-usable drink bottle

Tupperware box for packed lunch

Packed lunch for the first day

Comfortable indoor clothes

2 or 3 tracksuit bottoms or similar (no jeans please)

2 or 3 sweatshirts

Plenty of T-shirts

LOTS of socks and underwear

Suncream (you never know!)

Toiletry bag: Shampoo/shower gel, soap, roll on deodorant\* and toothpaste/brush

Nightwear

Rucksack/day bag

Medication (clearly labelled)

Bin bags/carrier bags for wet clothes

Mug (with lid)

It is fine to bring a camera to capture some great memories, but please be advised that staff cannot take any responsibility for these being lost or damaged.

We will be asking the children NOT to bring:

- Sweets (There is a Tuck Shop at the centre and a designated time to visit.)
- i-pods/MP3 players
- Mobile phones

Maximum of £10 spending money. This may include 20ps for the Table Football game and/or money for the tuck shop. (No £10 notes please!)

**For any medicines to be administered, details must be given on the medical form sent out a few weeks prior to the visit.**

**Please note that any child suffering from travel sickness will need sufficient medication for several minibus trips throughout the week.**

\* Spray anti-perspirant can be overpowering for other people in the room and could activate the smoke alarm.

