

HIGH ADVENTURE EQUIPMENT LIST

2 large towels

Waterproof jacket (Don't buy a new one though as the centre can provide these)

Indoor footwear (such as trainers – no slippers please)

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

4 or 5 T-shirts

LOTS of socks and underwear

Sun hat (you never know!)

Suncream

Toiletry bag: Shampoo/shower gel, soap, brush and toothpaste

Nightwear

Small rucksack/day bag

Medication (clearly labelled)

Bin bags/carrier bags for wet clothes

Torch (with batteries)

Warm jacket

Mug (with lid)

If anyone wants to bring a camera we recommend an inexpensive disposable type.

We will be asking the children NOT to bring:

- *Sweets (There is a Tuck Shop at the centre which the children will be allowed to visit)*
- *i-pods/MP3 players*
- *Mobile phones (The staff have regular contact with the school and phone calls home from children tend to increase rather than alleviate homesickness!)*

Maximum of £10 spending money. This may include 50ps/20ps for the Pool table/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.