



'What to Bring' List

Activity Day

The Centre has an extensive kit store and will provide all necessary specialist equipment for your programme. This includes waterproof jacket and trousers, wellingtons and personal protective equipment (as applicable). **There is no need to purchase any specialist items**, however should you have your own equipment, feel free to bring it. Please remember that all clothing used on our programmes may get wet and muddy!

The following items are listed as requirements for your programme.

- Personal medication (as appropriate)
- Packed lunch and drink
- Spare t-shirt
- Spare pair of trousers (preferably not jeans)
- 2 spare jumpers/sweatshirts/fleeces
- Spare pair of old trainers/shoes
- Spare pair of socks
- Warm hat and gloves
- Towel and wash kit
- Sun lotion (Spring & Summer)
- Sun hat/cap and sunglasses (Spring & Summer)

Seasonal variation

The above list is a standard basic minimum. For programmes during the colder part of the year, it would be advisable to pack additional warm clothing, gloves etc. In hot weather, an extra t-shirt may be appropriate in exchange for one of the spare jumpers, and shorts instead of trousers etc.

Electrical items

Items such as mobile phones, tablets and cameras are brought at the owner's risk, and the Centre cannot be held liable for any loss or damage.

If you are in doubt about suitable items of clothing or if you require any further information, please don't hesitate to contact us.

We look forward to seeing you soon!