

## Required

- Multiple changes of clothing, including practical clothing suitable for outdoor activities and weather conditions (thermal pants and top, as well as warm layers)
- Waterproof jacket
- Pyjamas
- Practical footwear (enclosed toes, no heels)
- Food and ingredients (lunch x 3, dinner x 2, breakfast x 2, snacks x lots)
- Tea towel
- Day pack
- Drink bottle
- Sleeping bag
- Pillow case
- Toiletries (toothbrush, toothpaste, soap, shampoo, hair brush, sanitary needs)
- Towel
- Personal medication if needed
- Sunscreen
- Sunhat
- A positive attitude!

## Abseiling/Climbing

- Practical outdoor clothing for climbing (including long, loose trousers)
- Practical footwear (closed toe shoes, preferably with good grip)

## River Swimming

- Swimwear
- Wetsuit if available (school ones available if not)
- Additional towel (this should be separate to towel used for showering)
- Additional closed toe shoes (separate pair as these will get wet)

## Optional

- Insect repellent
- Home baking to share
- Book/Board games
- Plastic bags for wet or dirty clothing
- Slippers or thick socks for indoors
- Torch
- Jandals for use in shower