

# SUGGESTED CLOTHING LIST



We recommend that participants do not use new or expensive clothing. Depending on the activities chosen, there is a very high chance that participants could get dirty or wet – or both!

We will hold lost property for two weeks after the visit. Please ensure all items are named to help with “repatriation”. Unfortunately, we cannot accept responsibility for visitor’s property and valuable items are therefore brought at your own risk.

## ESSENTIAL ITEMS

- Comfortable walking shoes/trainers (not new due to risk of blisters)
- Wellington boots (with a thick pair of socks for winter wear)
- Slippers or other indoor footwear (must be worn inside the building)
- Waterproof coat (and ideally waterproof trousers as well)
- Hat, gloves, scarf (even in summer)
- Underwear
- Lightweight tops – 2 or 3 (for layering in cold weather)
- Warm jumpers/tops – at least 2
- Trousers – 2 or 3 (not jeans which are hard to move in and horrid when wet)
- Socks – several pairs (not the short “trainer” socks which let the sand in and cause blisters! with a thick pair of socks for wellie, winter wear)
- Nightwear
- Towel
- Swimsuit/extra towel/£1 coin for lockers (only if swimming)
- Toiletries
- **SMALL** back pack (for carrying lunch) – with two good thick straps
- Water bottle
- Sunscreen and sun hat (at all times except winter)
- Pocket money (check with school for appropriate amount)
- Bin bag for wet/dirty clothes
- **Packed lunch (for first day only)**

Please do not bring any aerosols as they are not permitted in the centre at any time. (They set off our very sensitive fire alarms!)

## NICE BUT NOT ESSENTIAL

- Torch
- Camera

THE ABOVE SHOULD BE PACKED IN A **MEDIUM SIZED** CASE OR BAG THAT YOUR CHILD IS ABLE TO CARRY COMFORTABLY FOR A SHORT DISTANCE AND UP A FLIGHT OF STAIRS. YOUR CHILD WILL NEED TO DO THIS ON ARRIVAL AT THE CENTRE. THE CASE OR BAG MUST ALSO BE ABLE TO FIT UNDERNEATH A NORMAL BED. **LARGE SUITCASES THAT CANNOT FIT UNDER A NORMAL BED ARE AN OBSTRUCTION HAZARD IN THE EVENT OF EVACUATION DURING A FIRE ALARM.**