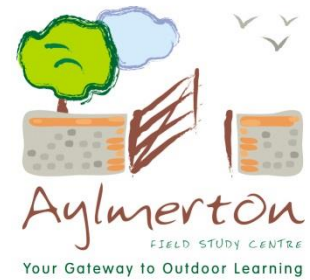


# SUGGESTED CLOTHING AND KIT LIST



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!

The centre 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, worn-in** walking boots/shoes or **sturdy** trainers (not canvas Converse or similar style pumps)
- **Long** wellington boots (any time of year if it has rained)
- Slippers or other indoor footwear (compulsory inside)
- Waterproof coat **with hood** (and ideally waterproof trousers as well)
- Warm hat, gloves, scarf (at all times except summer though hat is useful even in summer)
- Sunscreen and sun hat (at all times except winter)
- Lightweight tops for layering – 2 or 3 – must cover shoulders (no strappy vest tops) and at least one must have a collar to cover back of neck (both for preventing sunburn)
- Warm jumpers/tops – at least 2
- Trousers – 2 or 3 pairs (**NOT jeans** which are hard to move in and horrid when wet) – if doing the full Blakeney Day, then must be able to roll trousers to above the knee
- Socks – several pairs (not “trainer” or “secret” socks which let sand in and cause blisters) plus at least one thick pair of socks for wellie boots
- Please note that groups going into the woods at any time of year will need to have **long sleeves and trousers** (a lightweight version of each would be nicer in summer) as well as **long socks** (long enough to tuck trousers into)
- Underwear/Nightwear
- Very small cuddly toy!
- Towel/Toiletries
- Small back pack (for carrying lunch) – **MUST have two thick straps**
- Water bottle
- 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!)

THE ABOVE SHOULD BE PACKED IN A **SMALL- MEDIUM SIZED** CASE/BAG THAT YOUR CHILD IS ABLE TO CARRY COMFORTABLY FOR A SHORT DISTANCE UP A FLIGHT OF STAIRS ON ARRIVAL WITH US. IT 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.**