

**Recommended kit for Activities**

* Long loose bottoms (jeans not recommended)
* T-shirt (short/long sleeved)
* Sweatshirt/hoody
* Trainers/boots/wellies (no slip on/open toed shoes)
* Long hair to be tied back

**Weather appropriate items**

* Sunscreen
* Cap/woolly hat
* Waterproof jacket

**Other items you may need**

* Any medication you require e.g. asthma inhaler etc.
* Food and drinks
* Towels
* Toiletries
* Spare clothing and footwear (including underwear)
* Large plastic bag for muddy wet clothes

**Please note if clothes get muddy they may not wash clean, so please don’t wear expensive clothes or jewellery**

**This is not an exhaustive list and we leave it to your discretion to decide what children or group should wear.**