

**Recommended Kit for Day/Half Day Visits and Birthday Parties**

To make sure you get the best out of your visit here at Woodlands Adventure, please take a look at our kit list, which recommends what you need to pack, based on the visit you choose, and also gives you tips on what to wear and bring with you.

* Long loose bottoms (jeans are not recommended as they can be restrictive)
* T-shirt (long/short sleeved)
* Sweatshirt/hoody
* Trainers/ boots/ wellies (no slip on/open toed shoes)
* Sunscreen
* Cap / woolly hat
* Waterproof jacket
* Any medication you require e.g. asthma inhalers etc.
* Packed lunch and drinks (if required)
* Towels
* Toiletries
* Spare clothing and footwear to travel home (including underwear)
* Large plastic bag for dirty / wet clothing

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

**Additional items that may be useful for group leaders**

* List of attendees, any medical and allergy information
* Next of kin contact numbers
* Completed medical disclaimer forms
* First aid kit, and/or a nominated first aider

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

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