

**Recommended Kit for Residential trips**

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.
* Towels
* Toiletries
* Sleeping bag/duvet
* Pillows
* Bottom sheets are provided
* Nightwear, underwear and socks
* Change of clothes for the evenings (including indoor shoes)
* Large plastic bag for dirty/wet clothes
* Money for souvenir shop!

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
* Washing up liquid (dish washer tablets provided)
* Tea towels
* Tin foil, cling film or sandwich bags
* Food for the duration of your stay, including condiments
* Soft drinks for duration of your stay
* Items for your free time, such as music for music player, films for the projector. Books, crayons, pencils, paper and craft supplies.
* First aid kit, accident book, sickness and spills kit, gloves and a nominated first aider
* Clothes and personal items leaders will need during their stay

On arrival if you have placed a supermarket order to be delivered, please arrange for a member of your team to be present to sign for delivery.

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