

## What to pack

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 what to bring with you.

### Residential trips

- Tea towels, food and first aid kit (leaders)
- Towels
- Sleeping bag
- Pillow
- Toiletries, sun cream and any prescribed medication, e.g. asthma inhalers, etc
- Trainers, outdoor shoes, such as boots or wellingtons and indoor shoes for use in the buildings
- Warm clothes, t-shirts and loose fitting trousers, e.g. jogging bottoms as jeans are not recommended when participating in the activities
- Large plastic bag for dirty or wet clothes
- Nightwear, underwear and socks
- Waterproof jacket
- Please note that we provide a sheet for the bunk beds, however towels, tea towels, pillows, duvets, sleeping bags, etc are not provided
- Money for the souvenir shop!
- Sun cream and a hat

### Residential trips items that may be useful for group leaders

- List of attendees and any medical and allergy information. Next of kin contact numbers.
- Completed Medical disclaimer forms.
- Washing up liquid. (Dishwasher tablets are supplied).
- Tea Towels and Towels.
- Tin Foil, sandwich bags or Clingfilm.
- Food, condiments and soft drinks.
- Items for your free time, evenings early mornings, such as music or films to use in the music player and projector. Books, crayons, pens, paper, craft supplies etc.
- Pillow, sleeping bag or quilt.
- Medication, sunscreen and toiletries.
- 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.
- Sun cream and a hat

On arrival, if you have placed an order with a supermarket, to deliver your groceries during your stay, please arrange for a member of your team to be present, to sign for the delivery.

## Non-residential activity days

- Towel, toiletries, sun cream and any prescribed medication, e.g. asthma inhalers, etc
- Soft drinks and packed lunch
- Waterproof jacket and a hoodie or fleece
- Please wear loose fitting trousers, e.g. jogging bottoms as jeans are not recommended when participating in the activities
- Old trainers or wellingtons
- Spare set of clothing, including socks, underwear and shoes □ Large plastic bag for dirty or wet clothes □ Money for the souvenir shop!
- Sun cream and a hat

## Birthday parties

- Towel, toiletries, sun cream and any prescribed medication, e.g. asthma inhalers, etc
- Waterproof jacket and a hoodie or fleece
- Please wear loose fitting trousers, e.g. jogging bottoms as jeans are not recommended when participating in the activities
- Old trainers or wellingtons
- Spare set of clothing, including socks, underwear and shoes
- Large plastic bag for dirty or wet clothes
- Money for the souvenir shop
- Sun cream and a hat

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