

**Recommended Kit for Camping**

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 or shorts at a suitable length (jeans are not recommended).
* T-shirt (long/short sleeved – no crop tops).
* Sweatshirt/hoody.
* Trainers/boots (no slip on footwear, wellies, open toe or high heel shoes).
* Sunscreen.
* Cap/woolly hat.
* Waterproof jacket.
* Any medication you require e.g., asthma inhalers etc.
* Towels.
* Toiletries.
* Sleeping bag/ duvet.
* Pillows.
* Nightwear.
* Underwear and socks (and spares).
* Change of clothes and shoes for evenings.
* Large plastic bag for dirty / wet clothing.
* Torch for the caving activity.

**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, injury and allergy information.
* Next of kin contact numbers.
* First aid kit, and a nominated first aider.
* Tents for all group.
* Cooking equipment and utensils.
* Food for the duration of your stay.
* Soft drinks for the duration of your stay.
* Items for free time in the evenings, such as footballs etc.
* Clothes and personal items leaders will need during their stay.

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