

**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 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.
* Packed lunch and drinks (if required).
* Towels.
* Toiletries.
* Spare clothing and footwear to travel home (including underwear).
* 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.

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