

**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 or shorts at a suitable length (jeans & short shorts are not recommended).
* T-shirt (long/short sleeved – no crop tops).
* Sweatshirt/hoody.
* Trainers/boots (no slip on footwear, wellies, crocs, open toe or high heel shoes).
* Sunscreen.
* Cap/Woolly hat and a 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 (and spares).
* Change of clothes for the evenings (including indoor shoes).
* Large plastic bag for dirty/wet clothes.
* 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 will be useful for group leaders**

* List of attendees, any medical, injury and allergy information.
* First aid kit, accident book, sickness and spills kit, gloves and a nominated first aider.
* Next of kin contact numbers.
* Completed medical disclaimer forms.
* Washing up liquid (dish washer tablets provided).
* Dish cloths/washing up sponges (not provided).
* Tea towels (not provided).
* Kitchen roll.
* 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.
* Clothes and personal items leaders will need during their stay.
* Leaders beds have hotel grade sprung mattresses, please bring a foam mattress cover with you if you would prefer.

**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. We do provide a large amount of catering equipment but please get in touch if there is anything specific you need to know before your visit takes place.**

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