

## Kit List

### Day time items:

- Suitable outdoor water proof shoes such as walking boots or wellies
- Pair of trainers
- Indoor shoes or slippers – these must have a hard sole to avoid a slipping risk
- Warm and waterproof coat
- Waterproof trousers
- Underwear (enough for 1 per day and 2 spares)
- Socks (2 pairs per day)
- Long sleeved or short sleeved T shirts (1 per day and 2 spares)
- 4 pairs of trousers/leggings (Jeans can be worn in the evening but are not suitable for day time wear. So at least three pairs of trousers which are not jeans will be needed)
- 2 or 3 warm jumpers
- Water sports items: complete change of clothes including underwear, towel and old pair of shoes for wearing in the water (no flip flops please)
- Warm hat and gloves
- **Spare carrier bags for wet/dirty items of clothing**
- **Named refillable water bottle**

### Night time items:

- Sleeping bag and pillow
- Single fitted sheet
- Bed wear (pyjamas or night shirt)
- Book
- Wash kit including a towel (no spray deodorants please)
- One small cuddly toy

### Other items:

Sun cream and sun hat (maybe this is a bit optimistic but let's see what the weather forecast looks like)