

Kit Lists

Please ensure that you choose the correct kit list for your trip!

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Day Trips

Aerial Adventure or Multi Activity Day Trip

- Sturdy footwear, no wellies/sandals/flip flops
- Non denim trousers/long shorts
- Sun cream/Waterproof Jacket
- T-shirt with collar to protect neck from sun
- Jumper/Coat in cold weather
- Packed lunch
- Water bottle

Survival Day Trip

- Sturdy footwear
- Old non denim clothing
- Sun cream/Waterproof Jacket
- Baseball cap in hot weather
- Insect repellent
- Lunch
- Water bottle

Watersports Day Trip

- Dry clothes to change in to
- Towel
- Trainers or Boat shoes No flip flops or sandals.
- Swimming costume/shorts under old clothing
- Sun cream
- Insect repellent
- Packed Lunch
- Water bottle

Day Trip including Paintballing

- trousers not shorts
- Long sleeve t-shirt/jumper
- Sturdy trainers or Boots
- Change of Footwear and Trousers in wet/winter months
- Packed Lunch
- Water bottle

Day Trip including Quad Biking

- trousers not shorts
- pair of gloves
- sturdy footwear, no flip flops or loose shoes
- Packed Lunch
- Water bottle

Residential Trips

2 Day

In Main rucksack/overnight bag

Clothing

- 1 set clean underwear
- 1 pair clean socks/1 pair of thick socks
- Pyjamas
- Warm jumper
- Waterproof jacket/rain mac
- 1 Spare pair cargo/jogging trousers (plus those they are wearing on arrival)
- 1 pair long shorts
- 1 T-shirt
- 1 long sleeve top

Equipment

- Sleeping bag/Pillow
- Roll Mat (optional)
- Torch
- No more than £5 spending money
- Plastic picnic set – Cutlery, Bowl, Plate and Water bottle
- Wash bag with shower gel, shampoo, tooth brush and tooth paste, Flannel, hairbrush/comb
- Medium size towel
- Bite cream
- Insect repellent
- Long hair must be worn tied up – hair ties.

Secured in black sack/dry bag for emergency use:

- 1 pair trousers
- 1 t-shirt
- 1 set underwear
- Pair of spare trainers/plimsolls

3 Day

In main rucksack/overnight bag:

Clothing:

- 2 sets clean underwear
- 2 pairs clean socks, 1 pair thick socks
- Pyjamas
- 1 Warm jumper
- 1 pair non denim trousers (plus those they are wearing on arrival)
- 1 pair long shorts
- 2 t-shirts
- 1 long sleeve top
- Waterproof jacket/rain mac

Equipment:

- Sleeping bag/pillow
- Roll mat (optional)
- Torch
- No more than £10 spending money
- Plastic picnic set – cutlery, bowl, plate and water bottle
- Wash bag with shower gel, shampoo, tooth brush and tooth paste, flannel, hairbrush/comb.
- Medium size towel
- Bite cream
- Insect repellent
- Long hair must be worn tied up – hair ties.
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Secured in black sack/dry bag for emergency use:

- 1 spare pair of trainers/plimsolls
- 1 t-shirt
- 1 set underwear
- Pair of spare trainers/plimsolls

4 Day

- 3 sets clean underwear
- 3 pairs clean socks, 2 pair thick socks
- Pyjamas
- 2 Warm jumpers
- 2 pairs non denim trousers (plus those they are wearing on arrival)
- 1 pair long shorts
- 3 t-shirts
- 2 long sleeve tops
- Waterproof jacket/rain mac

Equipment:

- Sleeping bag/pillow
- Roll mat (optional)
- Torch
- No more than £15 spending money
- Plastic picnic set – cutlery, bowl, plate and water bottle
- Wash bag with shower gel, shampoo, tooth brush and tooth paste, flannel, hairbrush/comb.
- 1 Medium sized towel
- Bite cream
- Insect repellent
- Long hair must be worn tied up – hair ties.

Secured in black sack/dry bag for emergency use:

- 1 spare pair of trainers/plimsolls
- 1 t-shirt
- 1 set underwear
- Pair of spare trainers/plimsolls

5 Day

- 4 sets clean underwear
- 4 pairs clean socks, 2 pair thick socks
- Pyjamas
- 2 Warm jumpers
- 2 pairs non denim trousers (plus those they are wearing on arrival)
- 1 pair long shorts
- 4 t-shirts
- 2 long sleeve tops
- Waterproof jacket/rain mac

Equipment:

- Sleeping bag/pillow
- Roll mat (optional)
- Torch
- No more than £15 spending money
- Plastic picnic set – cutlery, bowl, plate and water bottle
- Wash bag with shower gel, shampoo, tooth brush and tooth paste, flannel, hairbrush/comb.
- 1 Medium sized towel
- Bite cream
- Insect repellent
- Long hair must be worn tied up – hair ties.

Secured in black sack/dry bag for emergency use:

- 1 spare pair of trainers/plimsolls
- 1 t-shirt
- 1 set underwear
- Pair of spare trainers/plimsolls

Additional Kit required on a water sports trip

In addition to the required kit on any normal residential trip, you will require the following on a trip that involved water sports (these will get wet!):

- Swimming Costume to be worn under clothes
- T-shirt preferably with collar (Polo)
- Old jogging bottoms
- Pair of old trainers/plimsolls (not sandals or flip flops)
- Additional Medium sized/beach towel.

Overnight Survival Kit List

All kit to be stored in a single overnight bag/ rucksack

- Wear sturdy footwear – trainers or boots – no sandals
- 3-4 Season Sleeping bag (not a thin one)
- Warm jumper
- Waterproof jacket
- Long trousers
- Shorts if warm during day time
- Dry bag/black sack with underwear, t-shirt, socks and spare pair of trainers inside.
- Flannel, Toothbrush, tooth paste, hair brush/comb
- Antibacterial Hand sanitizer gel (optional but recommended)
- Insect repellent
- Bite cream
- Pack of tissues/wet wipes
- Torch/Head torch
- Optional snacks – cereal bars/mint cake/crisps NO chocolate
- NO MP3 Players/electronics
- Mobile phones are brought at your own risk, there is no safe place to store these