* **Kit list: (Please name)**
* Trousers/leggings – at least one per day
* Fleeces/sweatshirts (even if sun is forecast)
* T-shirts/tops – at least one per day
* Shorts
* 1 pair of old trainers
* Nightwear/warm pyjamas
* Underwear and socks
* Casual clothes for evening (if required)
* 1 pair dry shoes for evening activities
* Adventure course/mud run will need:
* 1 very old pair of trainers/shoes
* Set old clothing – top and trackies/leggings
* Old towel for showering mud off
* Labelled bin bag for bringing clothes home
* Baseball cap/sun hat
* Waterproof coat is essential
* 2 Towels
* Sleeping bag or duvet/pillow and single bottom sheet
* Plastic drinks bottle
* Sun cream
* Labelled bin bags for dirty/wet clothing
* Wash bag (soap, shampoo, toothbrush, toothbrush, deodorant)
* Torch and batteries (if required)
* Hairbrush/comb
* Sweets/snacks if required