

SUGGESTED PACKING LIST

The following list is designed to give an idea of the kit group members will need to bring with them during their stay. We will be out and about in the great outdoors for much of your stay so clothes that protect from the elements and can get a bit muddy are recommended.

- Walking shoes
- Trainers / indoor shoes
- T-shirts
- **Jumper/ fleece**
- Shorts and trousers
- Above ankle socks
- Night wear
- Toiletries
- **Towels** (Swimming and personal use)
- Day size rucksack (shoulder bags and string straps are not recommended)
- **Water bottle**
- **Sun cream**
- Camera (if desired)
- Torch
- Hat / cap
- **Waterproof coat**
- Waterproof trousers
- **Scarf and gloves (in the colder months)**
- Pencil case
- Wellington boots (especially if the group is covering the rocky shore or the river study)

Field Studies groups will need pens, pencils and may also wish to bring a clipboard, calculator and notebook.

Groups doing the 'Bridge Build' activity require footwear that can get wet to cross the rope bridge.

For the majority of activities long hair will need to be tied back.