

Kit List

For Adults, Children/Young People

WHAT KIT DO YOU NEED FOR YOUR RESIDENTIAL STAY AND OUTDOOR EXPERIENCE?

The clothes and shoes that you bring can make a big difference to your comfort and your enjoyment of the whole experience. Even in summer it can rain, and in the winter the sun can shine. At the Horstead Centre we go outside in all weathers... it may be muddy, it may be wet, but with the right kit, it will still be fun!

LAND BASED ACTIVITIES

Item	Check?
T-SHIRT/TOP - One set per day (in case of rain)	
SHORTS / JOGGING TROUSERS - One set per day (in case of rain)	
FLEECE / WARM TOP	
WATERPROOF COAT	
WATERPROOF TROUSERS - If you have them)	
SUN HAT - Weather dependent	
TRAINERS / BOOTS - Sturdy footwear, NO crocs or flip flops for <i>any</i> activities. Wellies are ok for some woodland activities but are unsafe for others like climbing. If bringing wellies, alternative footwear will also be needed for <u>all</u> water activities and climbing/zipline.	
INDOOR SHOES - Slippers / clean shoes.	
WARM HAT - Weather dependent.	
GLOVES - Weather dependent.	
BUFF/SCARF - Weather dependent.	

Additional kit for WATER-BASED ACTIVITIES – Do come prepared to get wet!

Item	Check?
T-SHIRT/TOP - One for each water-based activity.	
SHORTS / JOGGING TROUSERS - Not jeans!	
ADDITIONAL FLEECE / WARM TOP	
OLD TRAINERS OR WET SHOES - NO crocs, flip flops, or wellies.	
SPARE WARM HAT - Weather dependent.	

GENERAL

Item	Check
SOCKS AND UNDERWEAR - One set per day.	
PYJAMAS	
WASH KIT	
TOWEL – or two	
SLEEPING BAG – For children only. All other bedding will be provided.	
SUN CREAM	
CAMERA - Please consult with your leaders about whether this is allowed	
STRONG BIN LINER - For wet clothes.	
MONEY FOR SOUNVENIR SHOP - Max £10	

Please don't bring your newest and best clothes and trainers; old, worn, and comfortable is best.

All visiting children will need to bring a sleeping bag with them, unless group leaders have requested that the Horstead Centre provide duvets. If you are unclear, please check with your group leaders. All other bedding is provided.

WHAT YOU DON'T NEED

- Please do not bring anything of value.
- Don't bring any computer consoles or handheld gaming devices.
- Don't bring your mobile phones or any expensive electronics.
- Where possible please use holdalls/rucksacks, These are easier to store away than large suitcases.

FOOD AND ALLERGIES (IMPORTANT)

The Horstead Centre carefully controls the ingredients of the food cooked and provided onsite. This is to keep those with severe allergies safe. **We insist that no adult or child brings/sends any nut-containing food to the Horstead Centre.** We advise that all parents with concerns for their child's allergies communicate carefully with the person responsible for the group booking.

The Horstead Centre will happily cater for all dietary requirements and allergies that we're made aware of

LOST PROPERTY

We will do our best to help you find anything you lose, but the Horstead Centre cannot be held responsible for misplaced kit or the loss or damage of any equipment.