

What to pack – Manor Adventure

Here's a list of things you'll need to pack – along with a few that aren't essential but could be useful.

Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage.
- Sleeping bag pillow and pillowcase
- A drink bottle (This can be refilled with water everyday)
- Torch
- Rucksack (This will need to contain your lunch for the first day)
- Toiletries etc (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions – long-sleeved shirts/jumpers, trousers / jogging bottoms, appropriate length shorts. T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty. Clothes, shoes and underwear for other times. **NO DENIM JEANS.**
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2 (one for showers and one for drying after water activities)
- Hat & Gloves in the winter
- Sunglasses, sun cream, lip salve, and hat in the summer
- Pyjamas and slippers

Useful items:

- Books, playing cards and other quiet activities
- Money for snacks (sweets & drinks) , souvenirs (i.e postcards). Please bring coins not notes, maximum of 5 pounds.

Useful notes:

- No jewellery (including piercings), except stud earrings
- No wellies
- Please name EVERYTHING you bring with you.
- Denim jeans are not ideal for outdoor use
- Appropriate length shorts are mid-thigh down (not 'hot pants')

Manor Adventure can't accept liability for the loss of any personal property brought to our centres – so please don't bring any valuable items, expensive clothing and footwear, NO MOBILE PHONE, HAND HELD GAMES etc. We're unable to store them and they won't be insured whilst on centre. Everything needs to be named to prevent lost property.

WHAT TO WEAR ON SESSIONS

For all sessions you should wear sensible, appropriate clothes and shoes, which are suitable for the weather conditions. Out of session you need old clothes appropriate to the season.

All clients with long hair must tie their hair back whilst on session

CANOE, KAYAK and STANDUP PADDLE BOARDING sessions

Wear 1 or 2 layers of warm clothes for example:

T-shirt, long sleeved top and jogging bottoms.

Waterproof jacket and trousers.

Wear old footwear, for example: trainers, pumps/gym shoes.

DO NOT WEAR JEANS. DO NOT WEAR WELLINGTON BOOTS, CROCS OR FLIPFLOPS.

Bring a towel or a spare jumper in a plastic bag.

If you are taking medication please remember to bring it with you, your school group leader will carry this for you.

FENCING, BLIND TRAIL, CAVING

Long trousers, safe shoes/trainers.

ALL OTHER ACTIVITIES (Depending on the time of year)

Wear warm and comfortable clothes, for example: 1 or 2 layers of T-shirts, long sleeved tops and shorts/jogging bottoms.

Bring waterproof jacket and trousers.

DO NOT WEAR JEANS. DO NOT WEAR WELLINGTON BOOTS, CROCS OR FLIPFLOPS.

Appropriate length shorts (NOT 'hot pants') and T-Shirts can be worn, weather permitting and at the discretion of the lead instructor.

Wear sensible footwear that will support your feet, for example: Walking boots, strong shoes or trainers. Make sure that your laces are done up properly.

If you are taking medication please remember to bring it with you, This will be kept by your school group leader.

