

What to pack

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

STUDENTS NEED TO BRING A FRESHLY LAUNDERED SLEEPING BAG PILLOW & PILLOWCASE

A BOTTLE OF HAND SANITISER

Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage.
(Metal framed rucksacks should be avoided as they are difficult to fit into the coach)
- Sleeping bag and pillowcase
- A drink bottle (essential in the summer)
- Torch
- Rucksack
- 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
- Hat & Gloves in the winter
- Sunglasses, Lipsalve, sun cream 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.
- Wet suit (Norfolk Lakes only – please note, we do not supply wet suits)

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, mobile phone, cameras, handheld games consoles etc. We're unable to store them and they won't be insured whilst on centre.**

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, RAFT BUILD, STANDUP PADDLE BOARDING AND SAILING (Depending on the time of year)

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.

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.

HAVE THIS ALL READY BEFORE YOUR SESSION STARTS. IT IS IMPORTANT THAT YOU TURN UP ON TIME FOR YOUR SESSION!