



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.

Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage. (Metal frames rucksacks should be avoided as they are difficult to fit into the coach)
- Sleeping bag (is best) or Duvet Quilt with cover & 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 (Not denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty). Clothes, shoes and underwear for other times.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat & Gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and slippers
- Swimming kit - if you have swimming on your programme (this applies for Culmington Manor only)

Useful items:

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

Useful notes:

- No wellies
- Please name all clothing
- Denim jeans are not ideal for outdoor use

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

WHAT TO WEAR ON SESSIONS

OBSTACLE COURSE AND BLIND TRAIL

Wear old clothes and safe shoes/trainers. Wear long trousers and long sleeves

DO NOT WEAR SHORTS (You will get muddy on these sessions, possibly wet as well).

ARCHERY Make sure you are wearing a long sleeved top.

CANOE, KAYAK, AND RAFT BUILD (Depending on the time of year)

Wear 1 or 2 layers of warm clothes for example:

T-shirt, long sleeved top and jogging bottoms.

Wear waterproof jacket and trousers.

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

DO NOT WEAR JEANS. DO NOT WEAR WELLINGTON BOOTS.

Bring a towel in a plastic bag and a complete change of clothes, for example: T-shirt, long sleeved top and jogging bottoms.

If you are taking medication please remember to bring it with you.

NATURE TRAIL, NATURE RESERVE STUDIES & LAKE WALK (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.**

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

For all other sessions you should wear sensible clothes and shoes, which are suitable for the weather conditions

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









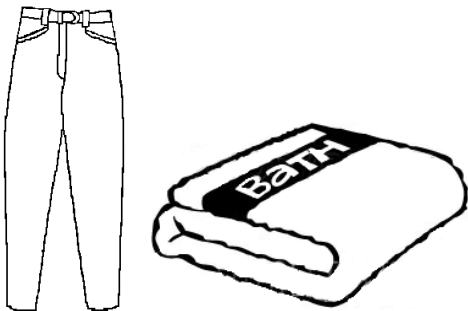
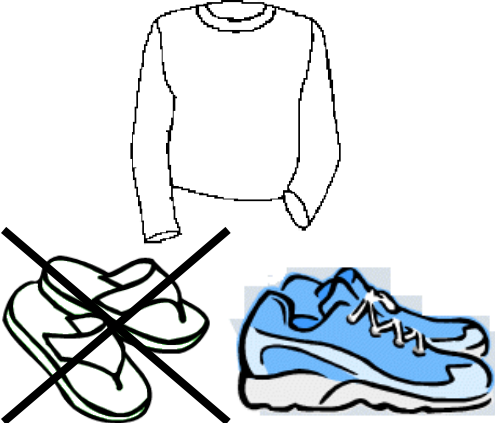

**IT IS IMPORTANT THAT YOU TURN UP ON TIME
FOR YOUR SESSION!**

CLOTHING – WHAT TO WEAR ON SESSIONS

Any medication you need **MUST** go with you to each session

For all other sessions please wear clothes that are casual, comfortable and appropriate to the weather

Jeans and jewellery are **NOT** to be worn for any session. Long hair **MUST** also be tied back.

<p>CANOE, KAYAK & RAFT BUILD Must wear TWO tops the outer layer should be a LONG SLEEVED WATERPROOF JACKET</p>  <p>Old Trainers NO WELLIES, CROCS OR BOOTS</p> 	<p>CYCLING You must wear a LONG SLEEVED top, LONG TROUSERS and CLOSED FOOTWEAR</p>  <p>Bring a RUCKSACK and WATER</p>	<p>NATURE TRAIL, NATURE RESERVE STUDIES & LAKE WALK</p> <table border="1"> <tr> <td data-bbox="1205 218 1686 821"> <p>Warm/Sunny Weather You can wear shorts and T-Shirt as long as you have sun cream on.</p>  </td> <td data-bbox="1686 218 2116 821"> <p>Cool/Cold Weather Must wear at least 2 WARM LAYERS</p>  </td> </tr> <tr> <td colspan="2" data-bbox="1205 742 2116 821"> <p>No matter what the weather WEAR SENSIBLE FOOTWEAR that supports your feet and take a WATERPROOF JACKET and TROUSERS with you</p> </td> </tr> </table>		<p>Warm/Sunny Weather You can wear shorts and T-Shirt as long as you have sun cream on.</p> 	<p>Cool/Cold Weather Must wear at least 2 WARM LAYERS</p> 	<p>No matter what the weather WEAR SENSIBLE FOOTWEAR that supports your feet and take a WATERPROOF JACKET and TROUSERS with you</p>	
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<p>Long Trousers – No Jeans</p>  <p>BRING SPARE CHANGE OF CLOTHES & A TOWEL</p>	<p>ARCHERY and RIFLES You must wear a LONG SLEEVED top and CLOSED FOOTWEAR</p> 	<p>BLIND TRAIL, OBSTACLE COURSE and CLIMBING</p> <p>Old clothes that are ok getting WET and DIRTY</p>	<p>FENCING</p>				
<p>Long trousers and long sleeved top (even if it is sunny)</p>  <p>NO: SHORTS, T-SHIRTS, WELLIES, CROCS or SANDALS</p>							

Please make sure you are on time to all sessions, they can not start without you! **If you have any questions about this ask an instructor**