



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)
- **Freshly laundered Sleeping Bag & Pillow with Pillowcase**
- A drink bottle (essential in the summer)
- Torch (for evening walk and if staying in tented accommodation)
- Rucksack
- Toiletries etc (please note deodorants must be roll-on, no aerosols or glass bottles)
- 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

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 glass containers
- No jewellery (including piercings), except for stud earrings
- 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 etc. We're unable to store them and they won't be insured whilst on centre.

Manor Adventure cannot accept responsibility for any insect bites/infestations if brought in on clients' sleeping bags/bedding.

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 reason. Long hair **MUST** be tied back.

CANOE, KAYAK AND RAFT BUILD

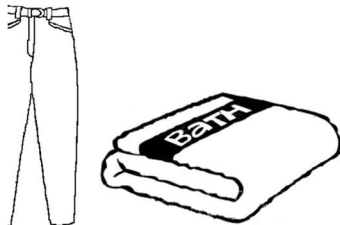
Wear **TWO** tops the outer layer should be a **LONG SLEEVED WATERPROOF JACKET**



Wear **Trainers** NO WELLIES OR CROCS OR SANDALS/FLIP FLOPS



Long Trousers – **NO JEANS**

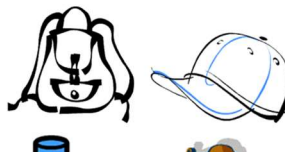


Bring a **SPARE CHANGE OF CLOTHES AND A TOWEL**

HILLWALK AND EVENING WALK

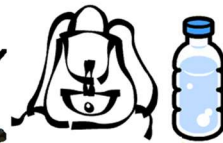
Warm/Sunny Weather

You can wear shorts and T-Shirt as long as you have sun cream on.



Cool/Cold Weather

Must wear at least **2 WARM LAYER**

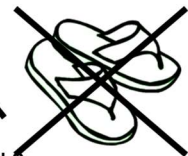


No matter what the weather **WEAR SENSIBLE FOOTWEAR** that supports your feet (NOT WELLIES) and take a **WATERPROOF JACKET** and **TROUSERS** with you

BLIND TRAIL, OBSTACLE COURSE, CLIMB, ABSEILING

Old clothes that are ok getting **WET** and **DIRTY**

Long trousers (**NOT JEANS**) and long sleeved top (even if it is sunny)



NO SHORTS, T-SHIRTS or SANDALS

ARCHERY

You must wear a **LONG SLEEVED** top and **CLOSED FOOTWEAR**

