

# RECOMMENDED CLOTHING LIST

## 'WHAT TO BRING'

- 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.
- Bedding:** Please note that accommodation is provided on the basis that all students will bring freshly laundered sleeping bags, pillow and pillowcase(s) with them.
- Clothing:** Please ensure all clothes, shoe's, bags, etc are named, so that if they do get lost, we can easily forward them to the owner.
- Spending Money:** This is not essential, but children may wish to have some money to spend on souvenirs i.e. postcards, torches and water bottles. We will **not** be using the vending machine at the centre. **Parents must provide coins not notes.**
- Drink Bottle:** Personal use. Named please.
- Torch:** Needed for evening walk
- Rucksack:** Needed for hill walks

### INDOOR CLOTHES

- FEMALES:** T-Shirts, trousers/jogging bottoms, jumpers/sweatshirts, underwear, toiletries including soap, towels (x2), slippers, nightwear and swimming costume.
- MALES:** T-Shirts, trousers/jogging bottoms, jumpers/sweatshirts, underwear, toiletries including soap, towels (x2), slippers, nightwear and swimming trunks.

### OUTDOOR CLOTHES (FEMALES / MALES)

- PULLOVERS:** Wool is best.
- TROUSERS:** Any thick woven fabric and/or jogging bottoms. Denim jeans are not ideal for outdoor use.
- SHORTS:** For walking, games, etc.
- SHOES:** Any good training shoes or walking boots. Plus a spare pair of trainers is advisable.
- CAGOULE:** To keep out the wind & rain.
- HAT:** Important during cooler days.
- GLOVES:** Wool or nylon pile is probably the best, as leather is cold when wet and takes a long time to dry.

# 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.

## **CANOEING** (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.

## **HILLWALKING** (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.

Bring a torch on the Evening Walk.

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



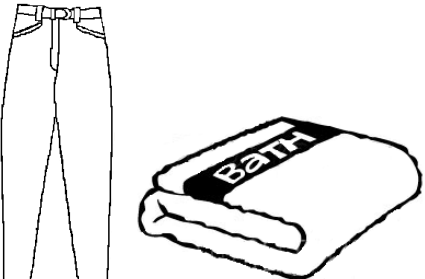
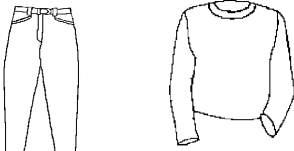



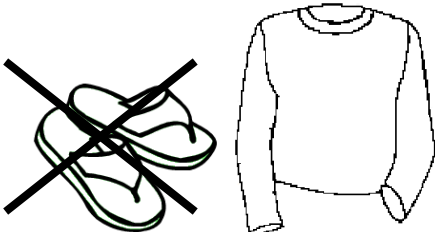

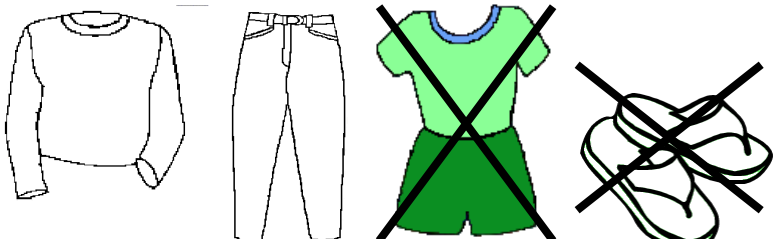
All clients with long hair must tie their hair back whilst on session

**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.

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

<p style="text-align: center;"><b><u>CANOE, KAYAK, SUP AND RAFT BUILD</u></b></p> <p>You must wear <b>TWO</b> tops, the outer layer should be a <b>LONG SLEEVED TOP</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Old Trainers <b>NO WELLIES, CROCS OR BOOTS</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Long Trousers – No Jeans</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>BRING SPARE CHANGE OF CLOTHES AND A TOWEL</b></p>	<p style="text-align: center;"><b><u>LOW LEVEL CYCLING</u></b></p> <p>You must wear a <b>LONG SLEEVED</b> top, <b>LONG TROUSERS</b> and <b>CLOSED FOOTWEAR</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Bring a <b>RUCKSACK</b> and <b>WATER</b></p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b><u>HILLWALK AND EVENING WALK</u></b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p style="text-align: center;"><b><u>Warm/Sunny Weather</u></b></p> <p>You can wear shorts and T-Shirt as long as you have sun cream on.</p> <div style="text-align: center;">  </div> </div> <div style="width: 48%;"> <p style="text-align: center;"><b><u>Cool/Cold Weather</u></b></p> <p>Must wear at least <b>2 WARM LAYERS</b></p> <div style="text-align: center;">  </div> </div> </div> <p style="text-align: center;">No matter what the weather <b>WEAR SENSIBLE FOOTWEAR</b> that supports your feet and take a <b>WATERPROOF JACKET</b> and <b>TROUSERS</b> with you</p>	
<p style="text-align: center;"><b><u>ARCHERY and RIFLES</u></b></p> <p>You must wear a <b>LONG SLEEVED</b> top and <b>CLOSED FOOTWEAR</b></p> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b><u>BLIND TRAIL, OBSTACLE COURSE, LOW ROPES CLIMB and ABSEILING.</u></b></p> <p>Old clothes that are ok getting <b>WET</b> and <b>DIRTY</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Long trousers and long sleeved top (even if it is sunny) <b>NO SHORTS, T-SHIRTS, WELLIES, CROCS or SANDALS</b></p>	<p style="text-align: center;"><b><u>HIGH ROPES, ZIP WIRE, CRATE STACKING, LAKE CHALLENGE, JACOBS LADDER and FENCING</u></b></p>	

