



Ealing Fields  
High School

# Year 7 Getting To Know You Day

## Longridge Activity Centre

### Kit List

#### FOR ALL THE ACTIVITIES:

- Swimming costume, t-shirt & two thin jumpers/sweat shirts/fleece
- Track suit trousers or similar (no jeans)
- Old trainers (Footwear must be worn at all times on all activities and is likely to get muddy and wet)
- Waterproof Jacket (and trousers if you have them)
- Warm hat/Cap/Sun cream/Water

We advise wearing long sleeves and trousers for all activities

#### To Bring:

- A *complete* change of clothes including a spare pair of shoes/trainers
- Soap and a towel
- Any necessary medication (Inhalers & spacers, epi-pens etc.)
- A packed lunch