



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/rucksack or holdall plus one piece of hand luggage. (Metal frames rucksacks and hard-shell suitcases, should be avoided as they are difficult to fit into the coach)
- **Freshly laundered Sleeping bag, Pillow & Pillowcase**
- A drink bottle (essential in the summer)
- Torch (is a necessity for all evenings)
- Rucksack
- Wash Bag & Toiletries etc (please note deodorants must be roll-on, NO aerosols or glass bottles)
- Old clothes for activity sessions at least 6-7 sets for a week (allocate 1 set for water activities (2 layers) and 1 set for muddy activities)– Long-sleeved shirts/jumpers, trousers / jogging bottoms (NO denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty. Lots of underwear & socks (ankle or above). Clothes, shoes and underwear for other times.
- Shoes at least 3 pairs; 1 for indoor, 1 sturdy pair and 1 pair for wet activities
- Waterproof Jacket (Trousers are handy too)
- Large plastic bag for dirty clothes
- Towels x 2 (1 for showering and 1 for water activities)
- Hat & Gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and indoor shoes / slippers

Useful items:

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

Useful notes:

- No wellies
- Please name all clothing
- Denim jeans are not allowed on any activity
- No glass containers
- No jewellery (including piercings), except for stud earrings

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

ACCOMPANYING EMAIL2

MANOR ADVENTURE

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