



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:

- A snack, drink and packed lunch for Monday
- Luggage –one case plus one piece of hand luggage with space
- **Freshly laundered Sleeping Bag & Pillow with Pillowcase**
- A drink bottle
- Torch (for evening walk)
- 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. Additional socks and underwear
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat & gloves and/or sun cream and hat depending on expected weather
- Pyjamas and slippers
- Lip balm
- Medicines clearly labelled with child's name and in clear plastic bag – please ensure a form is completed for each medication before the day of the trip
- Cuddly toy!
- Blanket if wanted

Useful items:

- Books, playing cards and other quiet activities

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 their 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.