

KIT LIST

- Sleeping bag, pillow and pillow case
- Clothes you don't mind getting dirty!
- Old trainers/shoes for activities & a pair to keep dry and wear around the centre
- Towel (these are not supplied at The Manor)
- Plenty of layers – t-shirts, sweatshirts, jumpers etc.
- Tracksuit/jogging bottoms are needed for some daytime activities rather than jeans.
- Plastic bag/bin liner for dirty clothing
- Medication – travel sickness/hay fever etc. Labelled in a clear plastic bag/container and handed to a member of staff on arrival at school.

Information must have been put on the medical information sheet

- Warm coat (preferably waterproof) – it can get quite cold
- Small amount of money (coins only)
- A water bottle is essential
- **PACKED LUNCH FOR FIRST DAY!!!!!!!!!!!!!!**

**** Please don't send you child with lots of sweets or fizzy pop ****

IMPORTANT INFORMATION

- ◆ **NO aerosols of any sort are allowed at The Manor Adventure.**
- ◆ **NO mobile phones**