

Lakeside Kit List

Being correctly equipped for activities is essential not only for safety but also for your enjoyment.

You need to have a few changes of warm clothing, enough to change every day. Bring clothes that you do not mind getting wet and muddy.

Clothes for OUTDOOR activities

Old trainers/water shoes for water sessions

Another pair of trainers for land sessions

At least 3 pairs of long trousers – leggings/tracksuits, polycotton
(not the very thick kind)

Jeans are **not** suitable

At least 3 warm long sleeved tops- fleece is best, or wool, acrylic or polycotton

Plenty of T-shirts

Hat and gloves – fleece or wool

Socks and underwear

Please note that waterproof trousers and jackets will be provided

Clothes for GENERAL and INDOOR wear

Sets of casual clothes and footwear

Coat

Nightwear

Extra underwear

If warm – include shorts, sun hat/cap

Personal Kit

Wash Kit and towels

Drinking water bottle

Suncream

Lip balm

Books/small games (no electronic/computerised/battery games)

No phones please

No money

Please name everything!