The Conway Centre Kit List – Wednesday 16th September to Friday 18th September

General Kit – this is needed as a minimum.

- Underwear / Pyjamas or Nightwear
- Slippers/indoor shoes
- Suitable Trainers or Outside Shoes (Full toe and heel protection that cannot slip off).
- Spare trainers/outdoor shoes in case trainers get wet from water activities.
- Long Socks (multiple pairs).
- Long or short T-Shirts/Thermal underwear
- Jumper / hoody
- Tracksuit bottoms/Leggings
- Waterproof Coat (Peter Storm type preferred over puffer jackets- Centre can usually provide Smock type waterproof jackets ).
- Wash Bag (e.g. Hair Brush, Toothbrush, Toothpaste and Hand Towel, Personal hygiene products.
- Shower Towel
- Cap or sun hat
- Sun cream
- Plastic bag for damp/dirty clothes
- Refillable drinks bottle – needed for Packed Lunches

Kit list for Outdoor Activities: All of the above +

- Old footwear or wellies that will get wet/dirty x 1 & multiples of socks for them
- Fleece/jumper/hoody x 3
- T shirt x 2
- Trousers that are not denim x 3
- Hat and gloves x 1
- Swimwear for under clothes x 1
- Spare Large Towel/Overhead changing garment? For offsite adventures.
- Hair tie/Scrunchy
- NB. Beach shoes and Crocs Sandals. Although we recognise that these can be useful around dorms and shower areas, they are especially unsuitable for our dock, and rocky foreshore. Wetsuit boots if individuals wish to bring them work well e.g. for Raft Building sessions.

Optional:

- Small amount of spending money (£5-£10 as there may be opportunity to go to the onsite Shop.

Please do not bring:

- Phones / electronics / Ipads
- Valuable personal items or any jewellery
- Aerosols