

Kit List for Avon Tyrell

Avon Tyrell will provide any specialist equipment required for activities. Outdoor activities are exciting, challenging and interesting but they will be more enjoyable if participants have suitable clothing, so please bring plenty of old, warm clothes that you don't mind getting dirty. Please remember that visitors will need to be able to carry their own bag so need to be considerate of luggage choices.

The following are recommended:

- Suitable outdoor coat (waterproof and warm), and outdoor trousers.
- Outdoor footwear (closed toe) i.e. walking boots or sturdy trainers. Wellies are **not** suitable for most of our activities.
- Old trainers as they are likely to get muddy/wet.
- Warm jumpers or hoodies – fleeces are best as they are lightweight and warm.
- Short sleeve and long sleeve tops (thermals are good for the winter) – layers are best for changes in weather/ body temperature during activities.
- Casual clothes for the evening and slippers/indoor shoes for wearing indoors.
- Sleepwear
- Underwear – including at least 1 pair of socks per day, plus a couple of extra.
- Woolly hat, gloves and scarf
- Small back pack to keep extra layers and a drink in while on sessions
- Toiletries including; soap, tooth brush, tooth paste, hairbrush, shampoo etc.
- Shower cap
- Towel (1 x big and 1 x small)
- Thin blanket for the night in case it gets too cold.
- Any prescribed medication (this must be handed in on the morning of departure to the group leader)
- Sun cream
- Reusable water bottle
- Torch
- Small nightlight
- Teddy bear
- Reading book
- Small items for down time e.g. card game, magazines.

Children will not need:

- Cameras
- Mobile phones
- Electronic games
- Sweets
- Wellies
- High heels