

Kit List

We can't wait to welcome you to Hindleap for your trip with us, we hope you have a fantastic experience. To ensure you get the most out of your stay it is important that you come prepared for the adventurous activities and the British Weather.

Here is our suggested list of items you should bring:

The Basics

T-Shirts	Old Trainers	Towel
Trousers (tracksuit bottoms/leggings NOT jeans)	Indoor shoes (crocs/slippers)	Toiletries: Toothbrush, toothpaste, flannel, shower gel, shampoo, comb/brush, hairbands
Spare underwear	Pyjamas	Teddy/Blanket
Spare socks	Bin bags (for dirty/wet clothes)	Packed lunch (morning arrivals)

Summer Essentials

Sun Hat	Sun Cream	Water Bottle

Winter Essentials

Wooly Hat	Gloves	Long sleeve tops
Warm Coat	Warm socks	Layers

Rainy Day Essentials

Raincoat	Wellington boots	Waterproof trousers

Hints and Tips:

- ✓ Make sure you have room in your bag, it's always harder to pack on the way home.
- ✓ If your bag has wheels, it will be easier for you to move it around
- ✓ You may want to bring a book or a game (like cards or uno) for quiet times

What to wear for the activities

Obstacles Forest Adventure	Old clothes that are easy to move in, waterproofs over the top, and Wellies. (Assume you won't be able to wear this again!)
High Adventure Pentagon Abseiling Climbing Zip Wire Crate Stack Gladiator	Comfy clothes that are easy to move in Trainers Long hair will need to be tied back
Archery Axe throwing	Long Sleeves Long hair will need to be tied back Trainers
Earth Walk Survival Skills, shelter building Map reading & Orienteering Pioneering Team Building & Team Challenge Night Line Disc Golf	Comfy clothes that are easy to move in Wellies or Trainers
Fire Lighting Campfire	Trainers Long hair will need to be tied back
Watersports: Canoeing Kayaking Stand Up Paddleboarding	Warm clothes you don't mind getting wet. Old trainers or wet shoes (no Crocs) Towel
Evening/ Night Walk Egg Drop Challenge Night	Comfy clothes that are easy to move in

NO:

- Electrical devices
- Smart watches
- Mobile phones
- Food that contains nuts
- Jewellery / valuables
- Aerosols
- Cameras / Go Pro's