

# What to pack

Here's a list of things you'll need to pack, along with a few that aren't essential but could be useful.

## Things you'll need

- Toiletries etc (please note deodorants must be roll-on, no aerosols).
- Clothes, shoes and underwear. For many activity sessions closed-toed shoes, long-sleeved t-shirts and trousers are required (these are required for nearly all sessions, so bring plenty.) We recommend wearing old clothes for activity sessions.
- Waterproof clothing (jacket, trousers and wellingtons).
- Large plastic bag for dirty clothes.
- A bath towel.
- Sunglasses, sun cream and hat in summer.
- Gloves, hat and scarf in winter.
- Pyjamas and slippers.
- A named water bottle (essential in summer).
- If you have swimming or pool party on your programme please ensure your students bring a swimming kit (only applicable for Kingswood's Green Park, West Runton, Grosvenor Hall centres.)
- If you have watersports on your programme please ensure that you bring light-weight trousers or shorts, t-shirt and old trainers with closed laces.

## Useful items

- Wet weather gear for field studies.
- Books, playing cards and other quiet activities.
- Money for snacks and souvenirs in our shop.

If you're staying in our Adventure Lodges please note that no outdoor footwear is allowed inside the accommodation so indoor footwear will be required. Also please bring appropriate sleepwear to ensure you are comfortable sleeping under canvas.

Kingswood can't accept liability for the loss of any personal property brought to our centres – so please don't bring any valuable items, expensive clothing and footwear, mobile phones, handheld games consoles etc. We're unable to store them and they won't be insured while on centre.

