

Llangorse Activity Centre KIT LIST

We hope you are looking forward to your trip! Below is a list of items recommend you take with you, along with some important safety notes.

Kit List	
Sleeping bag	Pillow
Toiletries	Towel
Water bottle/Sun hat or Cap	Underwear and socks (at least two pairs per day)
Change of clothes for evenings	Nightclothes
Trousers/tracksuits/long shorts	Fleece/warm jumper in case of cold weather
T-shirts (covers shoulders)	Light waterproof jacket for warmer wet weather
Wallet/purse (spending money)	Small day rucksack or bag
High factor sun cream (50+) & insect repellent	Torch & spare batteries
At least 2 pairs of trainers: you will need one for keeping dry, and at least one for activities. Crocs, wellies and sandals are not appropriate for activities.	
Full toe protection - old trainers/water shoes you can tighten and have a hard sole. Crocs, wellies, or sandals are not appropriate for wet activities.	
Activities	
Long sleeved t-shirt (must cover past elbow-no vests)	Trousers/leggings or long shorts
T-shirt (must cover past shoulder - no vests)	Shorts (Knee-Length)
Full toe protection trainers (plimsolls are ideal)	
Optional	
Single sheet/Mattress cover	Disposable camera
Plastic bags for dirty clothes	Pen and notepad

IMPORTANT SAFETY NOTICES

- The centre provides all specialist equipment for activities. Regulatory equipment, such as helmets, must be worn when supplied by the instructor. This applies to everyone, regardless of their level of experience.
- To guard against injury, closed shoes e.g. trainers, must be worn for all activities. Everyone will need to bring a minimum two pairs of footwear. An old pair of trainers is recommended or plimsols.
- If your child wears glasses, we advise that a tie on for glasses are necessary for activities.
- Denim clothes, including jeans are not recommended.
- Jewellery (bracelets/bands/rings/ earrings etc) may cause injury and must therefore not be worn during activity sessions.
- Please note: if you choose to bring valuables – sunglasses, mobile phones, cameras etc. The centre and Acorn Adventure cannot be responsible for any damage or loss that may occur.
- Please note if you need an inhaler or EpiPen please bring at least two with you.