

WOODLAND ADVENTURE KIT LIST

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

Kit List	
Sleeping bag	Pillow
Toiletries	Towel
A couple of pairs of old trainers	Underwear and socks (at least two pairs per day)
Change of clothes for evenings	Nightclothes
Trousers/tracksuits/long shorts (knee-length)	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	Water bottle
Torch & spare batteries	Sun hat/cap
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.	
Dry Activities	
Long sleeved t-shirt (must cover past elbow-no vests)	Trousers or long shorts
Full toe protection trainers (old trainers/plimsolls are ideal)	
Optional	
Waterproof Trousers	Disposable camera
Plastic bags for dirty clothes	Pen and notepad

IMPORTANT SAFETY NOTICES

- Acorn Adventure provides all specialist equipment for activities. Regulatory equipment, such as buoyancy aids and 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. We recommend that everyone brings two pairs of footwear - sports trainers and plimsolls for land-based activities.
- If your child wears glasses, we advise that a tie on for glasses are necessary for activities.
- Denim clothes, including jeans, may not be worn for water-based activities.
- 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. 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.