

Kit List for Morfa Bay

*The following is a guide to the kind of kit that you will require for an activity week at Morfa Bay Outdoor Centre. **Several activities include getting wet and very muddy: it is not the sort of place to bring new/best clothes!***

- One sleeping bag, pillow and pillowcase
- At least one waterproof anorak or cagoule
- Three warm sweatshirts/jumpers
- Three or four pairs of tracksuit bottoms or similar (waterproof trousers can be useful)
- Several pairs (at least three pairs recommended) of shoes/trainers (Not including Disco shoes!)

Plus One old pair of shoes/trainers for the assault course (Likely to be thrown away)

- Shorts and t-shirts
- Three large towels - Preferably dark in colour and NAMED!
- Pyjamas/nightie
- Underwear and socks – they will need **more than one set per day** to allow for wet/mud – suggest around 8 pairs of underwear and socks.
- Swimming costume/trunks/shorts (2 if possible)
- One set of smart(ish) clothes for disco
- Wetwear sandals, e.g. reefs/jellies (if you have them)
- Wellies
- Toilet bag, toiletries, brush/comb
- Three bin liners (Labelled) - To bring home all dirty/wet clothing!
- Small bag/rucksack for carrying swimming gear etc.
- One small plastic bottle for carrying drink
- Plastic mug/cup (Essential if you want a hot drink at night)

Sun protection, lip salve (for unexpected hot spells)

Warm hat and gloves (for the rather more predictable Welsh weather)

One stamped addressed postcard for sending home

Pencil/pen/writing pad

Other items

Children may wish to bring - they are responsible for looking after ALL items.

- camera (named/labelled)
- torch
- cuddly toy
- books/magazines/comics for evening reading/quiet time

Jewellery should be kept to a minimum. It must be removed before each activity.

Mobile phones are not to be brought on the visit.

Please use soft kit bags/holdalls rather than hard suitcases, if possible. Make sure your child has a list of their belongings, as this will make it easier for them when they have to pack their bags on Friday.

N.B. IT IS ESSENTIAL FOR ALL CLOTHING AND ALL OTHER ITEMS TO BE LABELLED AS THE MORFA BAY STAFF AND STAFF FROM SCHOOL CANNOT BE HELD RESPONSIBLE FOR ANY ITEMS LOST OR MISLAID.

