



# Recommended List

## THINGS YOU WILL NEED

**Please ensure that all personal belongings are labelled with your name and that all bags have a luggage tag, with your name and group on the outside so that they are easily identifiable.**

Soft holdall or rucksack to carry kit  
Sleeping bag '2 Season' (minimum)  
Roll mat (if sleeping in tents)  
Pillow (if required)  
Personal toiletries and towel  
Sleeping wear  
Complete change of clothes for each day (Jeans are not recommended)  
Old set of clothes (particularly if taking part in Underground Tunnels)  
Waterproof clothing (jacket and trousers)  
Gloves, hat and scarf  
Sunglasses, sun cream and sun hat  
Torch and spare batteries (particularly if taking part in Underground Tunnels)  
Water bottle  
Hiking boots  
Old trainers  
Indoor shoes (if staying in a building)  
Plastic bags for dirty washing  
Pocket money for the shop  
Hair ties for long hair  
Book/playing cards for evening use

## EQUIPMENT NOTES

Here is some basic information regarding some of the items you may require/should be aware of.

**Sleeping bags:** Synthetic filled bags are easier to clean than natural filling. '2 Season' is the minimum sleeping bag rating we would recommend. The higher the season number the warmer the sleeping bag.

**Footwear:** Boots give better ankle support and normally have better soles than shoes although old trainers are suitable for most activities. Open toe shoes and wellies are not suitable for activities.

**Warm wear:** A number of layers is warmer than one thick one and the warmth can be regulated more easily - do not forget your hands and head. You will need several changes of clothes and remember it is very difficult getting things dry at camp in wet weather; especially jeans!



**Torch:** Do not pack your torch with batteries fitted (or at the bottom of your kit) as it could easily get accidentally turned on and you will arrive at the camp with flat batteries.

**Pocket money:** There is a shop onsite at Phasels Wood open during your stay. It is therefore suggested that pocket money consists mainly of coins as opposed to notes.

**Jewellery:** Earrings, nose rings, and other decorative jewellery are **NOT** recommended on camps and activities for health and safety reasons.

**Valuables:** Phasels Wood cannot accept liability for the loss of any personal property brought to our centre, therefore, please do not bring any valuable items as we are unable to store them and they will not be insured.

**Medication:** This should be clearly marked with the young person's name and group leaders advised of any special storage instructions.

**Lost property:** At the end of your stay make sure you have all your belongings before departing. Lost property found or handed in, is stored and kept for 2 months. Please contact us if you have lost or left anything behind.

**Please note:** All safety equipment required for activities is provided. For kayaking we do not provide wet suits however you are welcome to bring your own.