**CONWAY CENTRE KIT LIST - GENERIC**

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| --- | --- |
| **General** |  |
| Underwear | □ |
| Nightwear | □ |
| Slippers/ indoor shoes | □ |
| Trainers/ shoes | □ |
| Socks | □ |
| T shirts/ tops | □ |
| Trousers/ shorts | □ |
| Jumper /sweatshirt | □ |
| Coat | □ |
| Wash kit (Soap, Shampoo, tooth brush and paste etc.) | □ |
| Towel | □ |
| \*Water bottle | □ |
| Flask for days out in colder weather | □ |
| Cap or sun hat | □ |
| Sun cream, High factor and waterproof | □ |
| Plastic bags for damp clothes / footwear or washing | □ |
| **Outdoor Activities**  |  |
| Footwear that **will** get wet (Old trainers, Wellingtons) | □ |
| Fleece / Sweat shirt X 2 | □ |
| T shirts X 2 | □ |
| Tracksuit bottoms, **not jeans** (jeans are not suitable as they are cold and heavy when wet) | □ |
| Warm hat and gloves | □ |
| Change of **warm** clothes for after session | □ |
| Trunks/Swimming costume (Wet activities) | □ |
| Towel | □ |
| **Extras** |  |
| Art shirt / apron for art sessions | □ |
| Camera (disposable and waterproof recommended) | □ |
| Suncream (high factor) | □ |
| Sunglasses | □ |
| Watch | □ |
| Scrunchies / ties for long hair | □ |
| Reading book | □ |
| Pocket money (a sensible amount) | □ |

\*please ensure you bring a water bottle. 

**PLEASE DO NOT BRING**

|  |  |
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| Valuables | They may get lost or broken |
| Mobile phones | They are distracting and annoying in sessions/lessons etc. Provision for emergency calls is provided. |
| Novelty 'big' slippers  | They are a trip hazard on the stairs |
| Aerosols of any kind | Deodorant, hairspray, body spray etc. They can set off the fire alarms which are necessarily sensitive |
|  |  |

**We will provide...........**

Waterproof tops and bottoms where appropriate.

All equipment for activities eg. Harnesses, helmets etc

Drying rooms where clothes can (if hung up properly!) dry out overnight



**These are the Conway Centre suggestions regarding items to be included on a kit list.**

**This is not supposed to be a definitive list, and will require adjustment to suit your course and group, the time of year etc.**

**How many of the items to bring will depend upon the length of your stay and the content of your course. The longer the stay and the more activities undertaken, the more clothes that will get wet and dirty.**

