

INDOOR KIT LIST

<input type="checkbox"/>	LUNCH FOR DAY ONE	Bring this with you
<input type="checkbox"/>	TWO TOWELS	For showering & wet activities
<input type="checkbox"/>	PYJAMAS	One set is fine
<input type="checkbox"/>	UNDERWEAR & SOCKS	Enough to last the week
<input type="checkbox"/>	SWIMWEAR	Trunks or an all in one costume
<input type="checkbox"/>	WARM JUMPER/FLEECE	Just one is plenty
<input type="checkbox"/>	T-SHIRTS	Enough to last the week
<input type="checkbox"/>	LIGHT LOOSE FITTING TROUSERS	Tracksuit trousers are perfect
<input type="checkbox"/>	TRAINERS FOR THE WATER	Old lace-up trainers are best
<input type="checkbox"/>	TRAINERS FOR DRY ACTIVITIES	They're going to get muddy
<input type="checkbox"/>	WATERPROOF TROUSERS & JACKET	Likely to get dirty
<input type="checkbox"/>	WARM JACKET	Make sure its easily identified
<input type="checkbox"/>	HATS	Sunhat & woolly hat
<input type="checkbox"/>	TOILETRIES & SUNSCREEN	Shampoo, soap, toothpaste etc.
<input type="checkbox"/>	A TORCH OR HEADTORCH	Not essential
<input type="checkbox"/>	PERSONAL MEDICATION	Inhaler etc.
<input type="checkbox"/>	REFILLABLE DRINKS BOTTLE	Make sure its easily identified
<input type="checkbox"/>	RUCKSACK FOR DAILY USE	Double shoulder strap
<input type="checkbox"/>	ONE SPARE SET OF CLOTHES	Additional shirt, trousers etc.