

**SUGGESTED PERSONAL
CLOTHING & EQUIPMENT LIST**
for Residential programmes

- Depending on your type of programme, there is a real chance that your clothes and footwear will get muddy, dirty and wet, so have **at least one full set of outdoor clothes for the Saturday**.
- The list below will vary depending on the length, type of course and time of year, remember, its cold at night even in summer conditions, so **please use as a guide**.

* Sleeping bag or blanket & pillow

Food for Friday evening – halal food provided for rest of weekend

Torch & spare batteries

Waterproof jacket & trousers – (we may have some jackets spare)

Nightwear

spare trousers (preferably **not** jeans cos they take ages to dry when wet) and swim shorts

Holdall or rucksack (to put items in – not string handles.

Prayer mat (if necessary)

Spare Jumpers or fleece tops

Wash kit & towel

Spoon, mug, bowl, fork, etc

3 x Socks (pair for each day, plus one extra)

hat / cap / gloves (optional)

Any medication, **inhalers**, suncreams, etc (children responsible to take this with them on the activity)

Slippers or sandals for indoor/bathroom

Toilet paper

spare trainers you don't mind getting wet/ walk through river with

**LOTS OF SPARE CLOTHES & EXTRA SOCKS, SPARE TRAINERS
ARE MOST IMPORTANT AS CLOTHES WILL GET WET & MUDDY!**

**Children shouldn't need any extra money – nor do mobile phones have much of a
signal in the forest!**

- **Children must not mind getting wet and muddy!**
- **PSPs/nintendos/etc must not be brought along**
- **Timings: Leaving from Friendship Café (Chequers) 6.30pm sharp Friday 27th April 2018**
- **Returning to Gloucester approx 4 pm Sunday 29th April 2018**
- **Visit www.thefriendshipcafe.com for a parental consent form or call Imran 07977 022 393 or Shuaib 07807 869749**

Main venue - Venue: L&A Outdoor Centre, Goytre, Wales, SA13 2YP