



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 each day.**
- 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 – in case

Nightwear

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

Holdall or rucksack (to put items in – not string handles) - **we can lend these out.**

Prayer mat (if necessary)

Spare Jumpers or fleece tops

Wash kit & towel

Spoon, mug, bowl, fork, etc

2 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

1 spare trainers you don't mind getting wet

SPARE CLOTHES & EXTRA SOCKS ARE MOST IMPORTANT AS CLOTHES WILL OFTEN 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!**
- **Consoles/mp3 etc must not be brought along & we can't be responsible for them**

**LEAVING FROM FRIENDSHIP CAFÉ (Chequers Bridge) 6.30pm on Friday.
Back Sunday. approx. 2.15pm**

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Please speak to us in confidence if you are on low income and find it hard to afford!