**ABERNETHY ADVENTURE KIT LIST**

This Kit List is to help you pack and to make the most of your Abernethy Adventure Experience. Remember it is important to have plenty of old clothes that you do not mind getting wet or muddy!

**GENERAL CLOTHING ESSENTIALS**

* Sweatshirts/hoodies/jumpers
* Casual trousers/jeans
* T-shirts/long sleeved tops
* Socks & underwear
* Suitable Nightwear…. PJs, dressing gown.
* trainers/gym shoes for indoors/slippers

**OUTDOOR CLOTHING ESSENTIAL**

* Fleece/warm sweatshirts/jumpers
* Waterproof jacket/cagoule
* Old trousers/tracksuit bottoms (Not jeans)
* Footwear suitable for walking
* Old trainers that you don’t mind getting very muddy & wet
* Wellies-if they have a pair
* Extra socks + thick pair for wellies/boots
* Hat, gloves & scarf

**OTHER ESSENTIALS**

* 2 large towels
* Swimming kit
* Wash kit, including shampoo, soap, toothbrush, toothpaste, facecloth, roll-on deodorant etc
* Tissues/hankies
* Drinks flask/water bottle for packed lunches (non-breakable and named on the side)
* Small day sack/pack pack…. the bags they carry to school on their back will be perfect.
* Plastic bags for bringing wet or muddy kit home
* Teddy Bear!

**PACKING TIPS!**

1] Make sure your belongings are clearly named where possible.

2] Tick the items off as you pack them and bring this list with you, so you have a record of what you brought. This will help you pack again for returning home.

3] Don’t get someone to pack your bag for you—make sure you lend a hand, so you know what you have with you!

**LEAVE AT HOME**

DO NOT BRING hair straighteners as these are a fire hazard. Please also leave at home aerosol deodorants, as these upset the smoke detectors!

**SPECIALIST EQUIPMENT**

Abernethy provides all specialist adventure activity equipment such as helmets & harnesses. They are able to supply waterproofs to borrow should you need them.