



## What to pack

Here's a list of things you'll need to pack – along with a few that aren't essential but could be useful.

Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage. (Metal framed rucksacks should be avoided as they are difficult to fit into the coach)
- Sleeping bag and pillowcase
- A drink bottle (essential in the summer)
- Torch
- Rucksack
- Toiletries etc (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions – (long-sleeved shirts/jumpers, trousers / jogging bottoms (Not denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty). Clothes, shoes and underwear for other times.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat and gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and slippers
- Swimming kit - if you have swimming on your programme (this applies for Culmington Manor only)

Useful items:

- Books, playing cards and other quiet activities
- Money for snacks (sweets & drinks) , souvenirs (i.e postcards). Please bring coins not notes.
- Wet suit (Norfolk Lakes only – please note, we do not supply wet suits)

Useful notes:

- No jewellery (including piercings), except stud earrings
- No wellies
- Please name all clothing
- Denim jeans are not ideal for outdoor use

**Manor Adventure can't accept liability for the loss of any personal property brought to our centres – so please don't bring any valuable items, expensive clothing and footwear, mobile phone, handheld games consoles etc. We're unable to store them and they won't be insured whilst on centre.**