

What to bring



Below is a list of items recommended you bring with you, along with some important safety notes.

| The Essentials | |
|--|---------------------------------|
| Sleeping bag | Pillow |
| Toiletries | Towel |
| Underwear and socks (at least two pairs a day) | Change of clothes for evenings |
| Nightclothes | Trousers and long shorts |
| Fleece/warm jumper in case of cold weather | T-shirts (covers shoulders) |
| Waterproof jacket for wet weather | Small day rucksack or bag |
| Sun hat/cap | High factor sun cream (SPF 50+) |
| Water bottle | Torch (if you want) |
| <p>Footwear: At least 2 pairs of footwear; one pair should have an outdoor sole suitable for outdoor activities. To guard against injury, closed shoes e.g. trainers must be worn for all activities. Crocs, wellies and sandals are not appropriate.</p> | |

| Optional Items | |
|------------------------------------|-------------------------------|
| Waterproof trousers | Insect repellent |
| Plastic bags for wet/dirty clothes | Wallet/purse (spending money) |
| Pen and notepad | |

Important Safety Notices

Llangorse Multi Activity Centre provides all specialist equipment for activities. Regulatory equipment, such as harnesses and helmets, must be worn when supplied by the instructor. This applies to everyone, regardless of their level of experience.

- **Footwear:** To guard against injury, closed shoes e.g. trainers, must be worn for all activities. Everyone will need to bring a minimum two pairs of footwear; one pair should have an outdoor sole suitable for hill walking.
- **Eye Wear:** If your child wears glasses, we advise that a tie on for glasses are necessary for activities.
- **Jewellery** (bracelets/bands/rings/earrings etc) may cause injury and must therefore not be worn during activity sessions.
- **Valuables:** If you choose to bring valuables – sunglasses, mobile phones, cameras etc. – we cannot be responsible for any damage or loss that may occur.
- **Inhalers / EpiPens:** Please note if you need an inhaler or EpiPen please bring at least two with you.