



## 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 frames rucksacks should be avoided as they are difficult to fit into the coach)
- **Freshly laundered Sleeping Bag & Pillow with Pillowcase**
- A drink bottle (essential in the summer)
- Torch (for evening walk)
- 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
- 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.**

Useful notes:

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

## \*STUDENTS\*

# **NEED TO BRING A FRESHLY LAUNDERED SLEEPING BAG & PILLOW WITH PILLOW CASE**

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.

Manor Adventure cannot accept responsibility for any insect bites/infestations if brought in on clients' sleeping bags/bedding.

# WHAT TO WEAR ON SESSIONS

## **OBSTACLE COURSE AND BLIND TRAIL**

Wear old clothes and safe shoes/trainers.

Wear long trousers and long sleeves

**DO NOT WEAR SHORTS.**

(You will get muddy on these sessions, possibly wet as well).

## **SWIMMING**

Change into your swimwear before the session begins.

Wear shoes and T-shirt / shorts to the session, and ensure you bring a towel.

If you are taking medication please remember to bring it with you.

## **ARCHERY**

Make sure you are wearing a long sleeved top.

## **CANOEING AND RAFT BUILD**

(Depending on the time of year)

Wear 1 or 2 layers of warm clothes for example:  
T-shirt, long sleeved top and jogging bottoms.

Wear waterproof jacket and trousers.

**DO NOT WEAR JEANS.**

Wear old footwear, for example: trainers, pumps/gym shoes.

**DO NOT WEAR WELLINGTON BOOTS.**

Bring a towel in a plastic bag and a complete change of clothes, for example:  
T-shirt, long sleeved top and jogging bottoms.

If you are taking medication please remember to bring it with you.

## **HAVE THIS ALL READY BEFORE YOUR SESSION STARTS**

For all other sessions you should wear sensible clothes and shoes, which are suitable for the weather conditions

All clients with long hair must tie their hair back whilst on session

**IT IS IMPORTANT THAT YOU TURN UP ON TIME  
FOR YOUR SESSION!**

## **CLOTHING – WHAT TO WEAR ON SESSIONS**

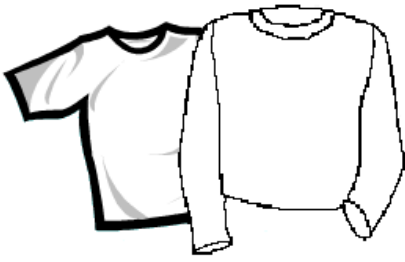
Any medication you need **MUST** go with you to each session

For all other sessions please wear clothes that are casual, comfortable and appropriate to the weather

JEANS and JEWELLERY are **NOT** to be worn for any reason. Long hair **MUST** be tied back

**CANOE, KAYAK AND RAFT BUILD**

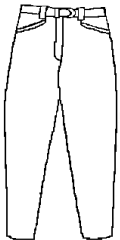
Must wear **TWO** tops the outer layer should be a **LONG SLEEVED WATERPROOF JACKET**



Old Trainers **NO WELLIES OR CROCS OR SANDALS/FLIP FLOPS**



Long Trousers – **NO JEANS**



BRING SPARE CHANGE OF CLOTHES AND A TOWEL

**HILLWALK AND EVENING WALK**

**Warm/Sunny Weather**

You can wear shorts and T-Shirt as long as you have sun cream on.



**Cool/Cold Weather**

Must wear at **least 2 WARM LAYERS**

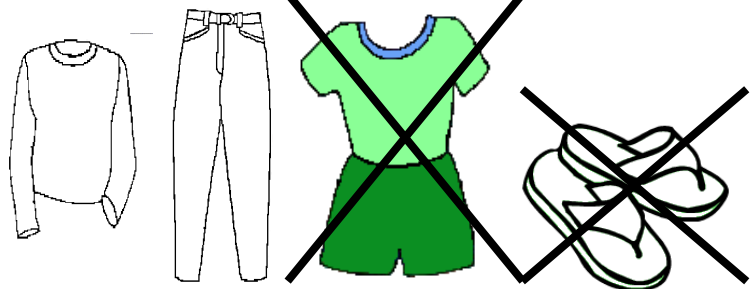


No matter what the weather **WEAR SENSIBLE FOOTWEAR** that supports your feet (**NOT WELLIES**) and take a **WATERPROOF JACKET** and **TROUSERS** with you

**BLIND TRAIL, OBSTACLE COURSE, MAZE, CLIMB, ABSEILING AND BIKE SKILLS**

Old clothes that are ok getting **WET** and **DIRTY**

Long trousers (**NOT JEANS**) and long sleeved top (even if it is sunny)



**NO SHORTS, T-SHIRTS or SANDALS**

**HIGH ROPES, CONFIDENCE COURSE CRATE STACKING AND FENCING**

**SWIMMING**

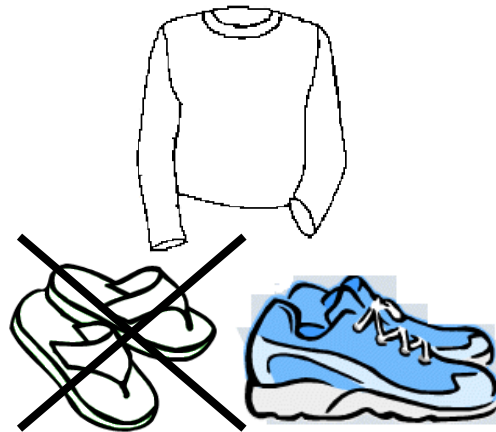
Wear your swimwear ready for the start of session **OUTER CLOTHING** and **SHOES** should be worn before and after session



Bring a towel

**ARCHERY**

You must wear a **LONG SLEEVED** top and **CLOSED FOOTWEAR**



Please make sure you are on time to all sessions, they can not start without you!

**If you have any questions about this ask an instructor**

**ACTIVITY SESSION DETAILS**

## General Time Table:

07.30	-	Rise & Shine
08.00	-	Breakfast
09.10 – 10.30	-	<b>Outdoor Pursuit Session 1</b>
10.30 – 10.45	-	Break Time
10.45 – 12.15	-	<b>Outdoor Pursuit Session 2</b>
12.15 – 14.00	-	Lunch Time
14.00 – 15.30	-	<b>Outdoor Pursuit Session 3</b>
15.30 – 15.45	-	Break Time
15.45 – 17.15	-	<b>Outdoor Pursuit Session 4</b>
17.15 – 19.00	-	Evening Meal / Free time
19.00 – 20.30	-	<b>Outdoor Pursuit Session 5</b>
Bedtime	-	At the discretion of the school