

BREATHE

KIT LIST

Clothes

Socks
Underwear
T-Shirts (inc. plain white 100% cotton one if you want to do tie-dying)
Trousers / Skirts / Jumpers
Waterproof coat / Jacket
Trainers
Walking boots / or strong shoes
Hat / Cap
Pyjamas / Nightclothes

*** Don't forget to
bring some cakes /
biscuits for supper-time

DO NOT BRING ANY:

- **Drugs**
- **Alcohol**
- **Stereos**
- **Penknives (or any**

Toiletries

Soap / Shower gel
Tooth paste & tooth brush
Shampoo
Deodorant
Flannel
Towel (shower / bath)
Sun lotion (just in case!!!)

Others

Day Bag/Small Rucksack
Notebook & Pen
Drinks bottle
Bible (if you have one)
Torch
Personal Stereo (optional)
Small games, cards (optional)
Mobile phones (*no signal on-site*) (optional)
Books (optional)
Camera
Spending money

*** Raft Building, Kayaking &
Canoeing are part of this year's
programme***

So you will need....

Swimming Costume
Swimming Towels
T-shirt
Jumper

*** All items brought at own risk.***

Any expensive items you would be upset
about
losing do not bring.