<u>Call of the Wild Activity Kit List</u> <u>Suggested clothing list for schools</u>



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|----------------|---|--|
| Baggage | Luggage, the most appropriate type of bag would be a large soft sided holdall style or rucksack | |
| | Day rucksack, which is comfortable and can be carried over a distance. This | |
| | should be a suitable size (35ltr) to hold a complete change of clothes and packed | |
| | lunch. | |
| Bedding | Sleeping bag | |
| | Pillowcase | |
| | Sleep wear | |
| Outerwear | Walking boots | |
| | Wellington boots | |
| | Old trainers, these will get wet. Laces, no Velcro. | |
| | General purpose trainers | |
| | Indoor footwear | |
| | Socks – thick and thin. These will get wet | |
| Underwear | Underwear – this will get wet | |
| | swimwear | |
| Clothing | Trousers, tracksuit bottoms are ideal, NO JEANS | |
| | Shorts, these are not recommended for activities but can be brought to wear in | |
| | the evenings | |
| | Pair of old shorts to wear over wetsuits | |
| | T shirts – these will get wet | |
| | Warm sweatshirts or jumpers, something warm to put on after activities and it can | |
| | be very cold in the evenings | |
| | Fleece or coat | |
| | Waterproof coat and trousers | |
| | Warm hat and gloves | |
| Miscellaneous | 2 towels – one for indoor use and one old one for outdoor use | |
| | Bobbles for long hair | |
| | Toiletries – no aerosols | |
| | Personal items such as tissues, medication, plasters etc | |
| | Torch with new batteries plus spares | |
| | Water bottle | |
| Sun protection | Waterproof sun cream, minimum factor 30 | |
| • | After sun and lip balm | |
| | Sun cam | |
| | | |

Although it appears to be a rather long list, we would prefer too many items of clothing are brought and go back unworn, than have the children short of clothing whilst on the residential. Please be aware that the weather can worsen even in the height of summer.

Please note - no mobiles are to be brought. Valuables – jewellery, personal stereos etc. are not recommended. They cannot be taken on activities and could be lost or broken. Instructors carry mobile phones for emergencies.

PLEASE NOTE THAT ALL SPECIALIST EQUIPMENT REQUIRED FOR ACTIVITIES (INCLUDING WETSUITS) WILL BE PROVIDED BY CALL OF THE WILD