

## Essex Outdoors Bradwell Kit List

### Clothes and Shoes

- Nightwear / Pyjamas
- Underwear and socks
- Trousers / leggings for activities (not jeans)
- Shorts (during warmer months)
- 1 pair of trainers for activities
- 1 pair of shoes for water sports (preferably old trainers)
- Pair of dry shoes for evening activities
- Fleeeces / sweatshirts for activities
- Long sleeved T-shirts (as an extra layer of warmth or to keep out of direct sunlight)
- T-shirts
- Sets of clothes for the evening
- Baseball hat / sun hat if warm, warm hat and gloves if cold
- Waterproof jacket / cagoule & trousers
- Warm coat or similar (during colder months)
- Swimwear (for water-based activities)

### Other Items

- Sleeping bag and pillow
- Single Bottom Sheet
- One towel for showering
- One old towel for wet / muddy activities
- Reusable drinks bottle (not glass)
- Sun cream / sun
- Small rucksack / bag
- Labelled bin bags for wet and dirty clothing
- Wash bag (including soap, shampoo and toothpaste)
- Pen, Pencil and Writing Paper (If required)
- Any Medication required (clearly labelled & named)

**Please be aware that on certain activities clothing will get wet and muddy!**

**If your child is not taking part in the residential and is travelling to the centre each day, please ensure they have spare clothing to change into in case they get wet and muddy. A wash bag and spare towel is also advised along with lunchbox and water bottle.**

**All clothing items should be named to avoid loss and should be packed in a kit bag that should also be labelled and named.**

**We strongly advise that electrical devices, jewellery and watches be left at home; these valuable items are easily lost or damaged and can cause concern to leaders and young people alike.**

**If mobile phones are to be brought along for the young people to stay in touch with family, use of these will be restricted. Mobile phones are to be handed in overnight however our instructors will be on hand 24 hours a day should they need to contact home at any time.**

**Lost property is kept for 3 weeks before being disposed of.**

