

KIT LIST FOR MORFA BAY 2018

The following is the kind of kit that you will require for an activity week at Morfa Bay, several activities include getting wet or muddy:

- One sleeping bag
- One pillow and pillow case
- One waterproof anorak or kagool/hat/gloves
- One sun hat/cap and sun tan lotion
- Three or four warm sweatshirts/jumpers
- Three or four pairs of tracksuit bottoms
- Three pairs of shoes/trainers (one pair preferably old for assault course)
- Pair of Wellies **with good grip** for caving
- Shorts and tee shirts (at least one long sleeved)
- Two large towels
- Underwear/socks
- Night wear
- Toilet bag and toiletries
- One camera if required
- 2 swimming costumes
- Two bin liners
- Empty water bottle for drinks during the day
- Plastic mug for chocolate and evening drinks
- One set of clothes for evening disco
- Old clothes are required purely for the assault course including one pair of trousers, one pair old shoes/trainers, one T shirt and one pair of socks. These will get very muddy and may not be suitable to bring home afterwards!