

### **KIT LIST FOR MORFA BAY 2020**

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!