



What to pack

Here's a list of things you'll need to pack – along with a few that aren't essential but could be useful.

Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage.
(Metal frames rucksacks and hard-shell suitcases, should be avoided as they are difficult to fit into the coach)
- **Freshly laundered Sleeping Bag & Pillow with Pillowcase**
- A drink bottle (essential in the summer)
- Torch (for evening walk and if staying in tented accommodation)
- Rucksack
- Toiletries etc (please note deodorants must be roll-on, no aerosols or glass bottles)
- Old clothes for activity sessions – (long-sleeved shirts/jumpers, trousers / jogging bottoms (Not denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty).
Clothes, shoes and underwear for other times.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat & Gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and slippers
- Swimming kit - if you have swimming on your programme (this applies for Culmington Manor only)

Useful items:

- Books, playing cards and other quiet activities

Useful notes:

- No phones or trackers
- No glass containers
- No jewellery (including piercings), except for stud earrings
- No wellies
- Please name all clothing
- Denim jeans are not ideal for outdoor use

Manor Adventure can't accept liability for the loss of any personal property brought to our centres – so please don't bring any valuable items, expensive clothing and footwear, mobile phone, handheld games consoles etc. We're unable to store them and they won't be insured whilst on centre.

Manor Adventure cannot accept responsibility for any insect bites/infestations if brought in on clients' sleeping bags/bedding.