



## **KIT TO BRING AND POINTS TO NOTE**

### **Multi-Activity with CTTE**

The notes below are designed to assist you with planning:

- Water Bottles full on arrival – these can be replenished on-site.
- Suitable attire for the activity – strong outdoor trainers with grip or walking boots (with grip) are a minimum. No 'slip-ons' please.
- Small ruck-sack or equivalent to carry equipment.
- Water-proofs to be carried regardless of weather forecast. Please dress with sense!
- Prominent jewellery to be removed – including any body piercing.
- Bring Note-book and pencil.
- Leave your fear of the unknown at home – you are coming to learn, be challenged and have fun!
- Please ensure that specific medical requirements are in place for those individuals who need them.
- Bring CTTE consent forms and/or your organisation's 'permissions'.

### **Residential Multi-Activity with CTTE**

**In addition to the points above please note the following:**

All students/delegates will need to bring a sleeping bag and pillow, wash kit and towel. We can provide a limited number of sleeping bags and liners if required.

#### Activity clothing

- Waterproofs
- Fleece jacket or warm top
- Thermals/T shirt
- Hat and gloves for cold weather
- Track suit bottoms (not jeans)
- Socks and underwear
- Change of Clothing

- Towel
- Fleece jacket or warm top
- T-shirt
- Trousers/tracksuit
- Trainers
- Socks and underwear
- Plastic bags to take wet kit home
- Drinks bottle and sandwich box
- Torch and Spare Batteries
- Insect Repellent/Sun Cream

### Jewellery and Valuables

Jewellery, valuables, CD/MP3 players, expensive cameras and expensive designer clothes.... etc should not be brought to the Centre. If mobile phones are required they are to be switched off during delivery time.

The Centre takes no liability for any loss or damage for personal items.

### Lost Property

The centre cannot be held responsible for lost property. We will forward any items of value that are found after a group departs. Ensure that ALL ITEMS are clearly marked with name of owner.

