

East Soar Outdoor Experience

Kit List

- Sleeping bag
- Roll/sleep mat
- Pillow
- Trousers/Shorts
- T-Shirts/Long sleeve Shirts
- Jumpers
- Socks
- Underwear
- Pyjamas/tracksuit (warm thick socks for sleeping in!)
- Trainers/Walking boots
- Waterproof jacket
- Waterproof trousers
- Sun hat
- Wash bag (toothpaste/toothbrush)
- Towel
- Water bottle
- Torch/Head torch
- Sun cream
- Day pack (small backpack to carry hat, coat/jumper and water bottle when out walking)

It is always a good idea to pack an extra layer for the evening.

Remember a packed lunch and refillable water bottle for the first day. If your child is entitled to free school meals, a school packed lunch will be provided.