



Grittleton House Adventure Centre 2023 Kit List

Please find below a suggested the suggested kit list for your children to bring on their residential trip to Grittleton House Adventure Centre:

- Nightwear
- Slippers
- Toiletries bag and contents
(Including but not exclusive to - Tooth Brush & Paste, flannel, Shower Gel/Shampoo, hairbrush)
- Bath/hand towel (for use in your room)
- Old sweatshirts or fleeces
- At least 6 t-shirts for 4-Night trips and up to 4 t-shirts for 2-night trips
- 2 pairs of shorts (knee-length essential)
- At least 4 pairs of strong, loose-fitting trousers/ tracksuit bottoms for 4-Night trips, 3 pairs for 2-night trips
- Underwear – 6 for 4-nights trips 4 for 2-night trips
- At least 6 pairs of socks for 4 for 2-night trips
- 2 pairs of trainers - non-designer recommended
- 1 pair of very old trainers for wet/muddy activities
- Waterproof anorak (and waterproof trousers if possible)
- Small rucksack
- Named bin liners (not black) for bringing any damp or wet clothes/towels home (black bin liners can be mistaken for rubbish bags!)
- Plenty of appropriate factor sun cream
- A sunhat
- Small torch and spare batteries
- Packed lunch for arrival day
- Any medication required including spare asthma inhalers
- Refillable drinking water bottle

This is our standard recommended kit list, however dependent on the time of year you are visiting us or if we are experiencing unseasonably warm/cold weather conditions it may be necessary for you to amend some of the garment quantities listed above accordingly.