

Viney Hill Christian Adventure Centre

KIT LIST

GENERAL ITEMS

- ❖ Water Bottle - 500ml minimum
- ❖ Clothes to get wet and dirty (ideally long trousers and long-sleeved tops)
- ❖ Footwear to get wet and muddy (trainers or boots)
- ❖ Backpack
- ❖ Waterproof jacket + trousers
- ❖ Summer: sun hat + sun cream
- ❖ Winter: warm hat + gloves
- ❖ Medications - clearly labelled with your name (and given to one of your leaders to keep, unless it's medication you need to keep with you all of the time)

ADVENTURE ACTIVITIES

- ❖ Trainers or similar active footwear with good tread
- ❖ Climbing / Abseiling - long trousers recommended
- ❖ Caving - trousers and Wellington boots or walking boots
- ❖ Biking - Long trousers and trainers
- ❖ Archery - Long sleeves recommended
- ❖ Tunnels - Trousers recommended
- ❖ DO NOT wear jeans, expensive clothing or inappropriate footwear
- ❖ DO NOT wear jewellery; this includes rings, necklaces, earrings and watches.
- ❖ DO NOT wear crop tops or 'short' shorts as these are not suitable when doing adventure activities and you will not be able to participate if you are wearing them

WATER SPORTS

The following extra items are needed if you are doing Canoeing or Raft Building.

- ❖ Backpack
- ❖ Towel (not your bathroom towel)
- ❖ Clothes and shoes that you don't mind getting wet
- ❖ Full set of spare clothing - including shoes!
- ❖ NOTE: You will be getting changed Off site if you get wet, so these are all a **must!**

STAYING OVERNIGHT

- ❖ Wash kit (toothbrush, toothpaste, TOWEL, shower gel, shampoo, soap etc)
- ❖ Pyjamas
- ❖ Torch (with batteries that work!)
- ❖ For 1 night at Viney Hill: **2 full sets of clothes**
(includes top, jumper/sweatshirt, trousers, socks, underwear and boots/trainers)
- ❖ For 2 nights at Viney Hill: **3 full sets of clothes**
- ❖ For 3 nights at Viney Hill: **4 full sets of clothes**
- ❖ For 4 nights at Viney Hill: **5 full sets of clothes**
- ❖ As no shoes are to be worn indoors, bring extra socks or a pair of slippers to wear

BEDDING

- ❖ Definitely bring your own bedding if you are staying in the Cross Meadow Eco Pods
- ❖ If you are staying in The Old Vicarage check with your group leader if you need to bring bedding or not as it may be included in the cost or you are hiring it.
- ❖ If you do need to bring bedding then bring what you feel comfortable to sleep in, usually a sleeping bag and a pillow (and a bottom sheet if you like)
- ❖ This includes leaders

WHAT TO LEAVE AT HOME

- ❖ iPod, tablets, portable computer devices, TVs etc
- ❖ Smart phones/iPhone etc
- ❖ Best clothes (branded, favourite shirt etc)
- ❖ Valuables including jewellery (not suitable for activities for safety reasons)

GENERAL RULE: IF YOU REALLY LIKE IT, LEAVE IT AT HOME!!