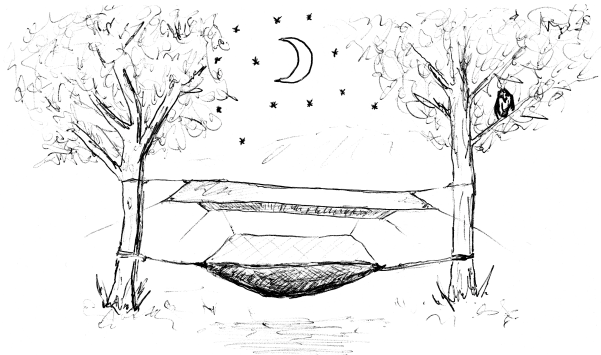


The **Hammock** hotel



## KIT LIST

All Items should be worn or packed inside two bin liners or waterproof poly bags and then placed in a rucksack or carry bag (you might find it easier to place the bags inside the rucksack first before putting items inside).

- Strong comfortable footwear or boots (if you have them)
- Waterproof jacket (and waterproof trousers if you have them)
- Warm clothing including long sleeve top and trousers
- Spare warm jumper
- Woolly hat
- Gloves (in cold weather)
- Sun cream and sun hat (if warm weather)
- Any personal medication such as Asthma inhalers or epi-pens (in bag with name)
- Sleeping bag suitable for the time of year (remember it gets cold even in the summer)
- Torch (a head torch is preferable but not essential)
- Pillow
- 2 spare pairs of socks

- ❑ Tracksuit or similar for sleeping in.
- ❑ 2 litres of water or squash
- ❑ Tooth brush and any wash or sanitary items needed
- ❑ Insect repellent

Please note Newquay Forest School can not be held responsible for any loss or damage to the personal property including money, clothing and/or equipment. Please do not bring expensive or breakable items.

Please do not bring knives or other tools (all equipment will be provided).