



KIT LIST MORFA BAY

MON - FRI

16 - 20 September

2019

**The following is an essential guide for an activity week at Morfa Bay.
Several activities include getting wet or muddy:**

- one sleeping bag
- one pillow and pillowcase
- one waterproof coat
- one fleece/outdoor jacket
- Waterproof trousers
- Hat /gloves
- two or three warm sweatshirts/jumpers
- two or three pairs of tracksuit bottoms (jeans not ideal)
- 3 pairs of shoes/trainers (one pair preferably old and lace-up for Assault Course and or Coasteering/Gorge Walking, one pair for normal outdoor wear and one pair for indoor wear)
- NB Flip flip flops/pool sandals/Crocs essential for sea activities
- shorts x2 or 3 (one pair to wear over wetsuit for Coasteering/Gorge Walking)
- t shirts x5
- two large towels (named)
- underwear/socks for 5 days + spares
- toilet bag and toiletries – no sprays
- one water bottle
- sun creams (dependant on time of year)
- swimming costume (2 if possible)
- two strong bin liners (one for Assault Course clothing) spare for any other wet items. Labelled with name.
- £5 pocket money in a named purse – preferably coins.
- Torch
- Disco-wear!
- All clothing must be named including underwear.