

Birch Hall Adventures Kitlist



DAY TRIPS

What to wear:

At Birch Hall Adventures the weather can be unpredictable and there is often a cool breeze. We suggest wearing items of clothing that can be layered ie t-shirts/ long sleeve/ fleeces. Please wear trainers and ankle socks for all activities.

- Packed Lunch (if required)
 - Water bottle (reusable)
 - Waterproof jacket/ coat
 - Sun hat/ Cap (summer)
 - Sunscreen (summer)
 - Woolly Hat (winter)
 - Gloves & scarf (winter)
 - Change of clothes
 - Towel
 - Labelled bin bag for wet/ dirty clothing
 - Torch
 - Any medication that you are currently taking
 - Small rucksack/ bag
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What **not** to bring:

- Electrical devices/ phones (these are not covered by our insurance)
- Jewellery/ valuables
- Money
- Sweets