



Ganaway Activity Centre
Individuals Essential Kit List
Residential Groups
Checklist

- . **-Change of clothes (t-shirt, trousers/shorts, jumper, pants, socks etc.)**
- . **-Two pairs of trainers (one old pair for getting wet)**
- . **-Waterproof coat (and trousers if you have them)**
- . **-Walking shoes or welly boots (Summer and Winter)**
- . **-Beach Towel**
- . **-Toiletries (toothbrush, toothpaste, shower gel etc.)**
- . **-Water bottle**
- . **-Hat and Sun cream (Summer activities)**
- . **-Hat and gloves (Winter activities)**
- . **-Swimming trunks/costume**
- . **-Wetsuit (if you have your own)**
- . **-Plastic bag for dirty clothes**
- . **-Sleeping bag, single sheet and pillow (Unless bedding is booked)**
- . **-Any personal medication**

- . **Please do not bring.....**
- . **Mobile phones, expensive cameras, electronic games, iPods or MP3 players, expensive jewellery or watches.**