Kit list for Conway Centre trip

* Underwear
* Socks
* Nightwear
* Outdoor trainers or wellies
* Indoor trainers or slippers
* T-shirts x 4
* Jumpers/hoodies x 3
* Swimwear for under clothes x 1
* Tracksuit bottoms/leggings (not jeans) x 3
* Disco outfit
* Warm coat
* Hat and gloves
* Towel
* Washing items (Roll on deodorants only)
* Sun cream if warm
* Plastic bag for dirty clothes
* Drinks bottle
* Bobbles to tie hair up (if required)
* Packed lunch for first day
* Torch

All specialist equipment such as wetsuits and helmets are provided by the centre.

Please don’t bring any expensive items of clothing/jewellery or any electrical items.

£5 spending money is optional but please put in a labelled purse/wallet.