**CORNWALL ESSENTIAL KIT LIST**

The following list will help you pack your bag before you travel to Cornwall. It is designed to help you think about what you need to bring.

**WHAT WILL WE PROVIDE FOR YOU?**

Porthpean Outdoor Education Centre will provide everyone with a wetsuit for the ‘Wet and Wild’ activity day. Any technical equipment required on activities such as helmets, harnesses and buoyancy aids etc., will be provided.

**WHAT DO I NEED TO BRING TO CORNWALL?**

Clothing

* **Swimwear** (no bikinis) for under wetsuit, plus beach towel, beach shoes/**OLD** trainers to wear with wetsuit (for Wet and Wild Day)
* **Walking shoes/sturdy trainers, rucksack (for Moorlands Walk) canvass trainers/shoes are not suitable.**
* **Plus other trainers** for visit to Eden Project and general wear
* **Indoor footwear** for youth hostel
* **Socks** – Recommended 8+ pairs, plus one thick pair for Moorland Day activity
* **Trousers/shorts, (as appropriate) –** 1 or 2 pairs to wear around the centre, these can be jeans. At least 3 additional pairs of trousers which can get wet and dirty. These can be jogging/tracksuit bottoms or combat/cargo type trousers but not jeans. The best trousers are those made from polyester/nylon and not cotton.
* **T shirts –** 1 or 2 to wear around the centre. At least, 3 more for activities. They may get wet and dirty. Thermal tops made of polyester are much better than cotton t shirts.
* **Jumpers/hoodies/fleeces –** 1 to wear around the centre and 3 more for activities. These need to be thick tops which provide insulation and warmth. Wool and fleece are both excellent insulators. If possible, please use these materials instead of cotton.
* **Underwear –** please provide at least 2 pairs per day as they may get wet.
* **Nightwear –** pyjamas etc.
* **Suitable waterproof outdoor coat**

**Personal items**

* **Towel (in addition to above beach towel) –** for use in the centre.
* **Wash bag –** all personal hygiene items.
* **Lunchbox –** a rigid plastic box is best. Flexible chiller bags tend to get squashed!
* **Drinks bottle**
* **Sun cream/sun hat**
* **Spending money (in change)**

**Top tips**

* Label everything so that your child can identify it. You would be amazed at how much is left behind!
* Do not send expensive clothing with your child as it may get damaged or lost. We cannot be responsible for personal belongings.
* Small Torch
* Ensure that cameras are waterproof and inexpensive. Disposable cameras are best.
* Mobile phones, ipods/MP3 players and personal games consoles are not permitted. You will be too busy!

**THE SCHOOL DOES NOT ACCEPT RESPONSIBILITY FOR LOSS OF PERSONAL ITEMS. CHILDREN TO TAKE RESPONSIBILITY**