

RECOMMENDED CLOTHING LIST

'WHAT TO BRING'

- Luggage:** Please restrict this to one case plus one piece of hand luggage. Metal framed rucksacks should be avoided, as they are difficult to fit into the coach.
- Bedding:** Please note that accommodation is provided on the basis that all students will bring freshly laundered sleeping bags, pillow and pillowcase(s) with them. Teachers are provided with bed linen. Manor clients' Adventure cannot accept responsibility for any insect bites/infestations if brought in on sleeping bags/bedding
- Clothing:** Please ensure all clothes, shoe's, bags, etc are named, so that if they do get lost, we can easily forward them to the owner.
- Spending Money:** This is not essential, but children may wish to have some money to spend on souvenirs i.e. postcards, sweets, torches, water bottles and or drinks from our vending machines.
Parents must provide coins not notes.
- Drink Bottle:** Personal use.
- Torch:** Needed for evening walk
- Rucksack:** Needed for hill walks

Radios, Stereos & I pads / tablets are discouraged

INDOOR CLOTHES

- FEMALES:** T-Shirts, trousers/jogging bottoms, jumpers/sweatshirts, underwear, toiletries including soap, towels (x2), slippers, nightwear and swimming costume.
- MALES:** T-Shirts, trousers/jogging bottoms, jumpers/sweatshirts, underwear, toiletries including soap, towels (x2), slippers, nightwear and swimming trunks.

OUTDOOR CLOTHES (FEMALES / MALES)

- PULLOVERS:** Wool is best.
- TROUSERS:** Any thick woven fabric and/or jogging bottoms. Denim jeans are not ideal for outdoor use.
- SHORTS:** For walking, games, etc.
- SHOES:** Any good training shoes or walking boots. Plus a spare pair of trainers is advisable.
- CAGOULE:** To keep out the wind & rain.
- HAT:** Important during cooler days.
- GLOVES:** Wool or nylon pile is probably the best, as leather is cold when wet and takes a long time to dry.

WHAT TO WEAR ON SESSIONS

OBSTACLE COURSE AND BLIND TRAIL

Wear old clothes and safe shoes/trainers. Wear long trousers and long sleeves

DO NOT WEAR SHORTS (You will get muddy on these sessions, possibly wet as well).

ARCHERY

Make sure you are wearing a long sleeved top.

CANOEING

(Depending on the time of year)

Wear 1 or 2 layers of warm clothes for example:

T-shirt, long sleeved top and jogging bottoms.

Wear waterproof jacket and trousers.

Wear old footwear, for example: trainers, pumps/gym shoes.

DO NOT WEAR JEANS. DO NOT WEAR WELLINGTON BOOTS.

Bring a towel in a plastic bag and a complete change of clothes, for example:

T-shirt, long sleeved top and jogging bottoms.

If you are taking medication please remember to bring it with you.

HILLWALKING

(Depending on the time of year)

Wear warm and comfortable clothes, for example:

1 or 2 layers of T-shirts, long sleeved tops and Shorts/jogging bottoms.

Bring waterproof jacket and trousers. **DO NOT WEAR JEANS.**

Wear sensible footwear that will support your feet, for example: Walking boots, strong shoes or trainers. Make sure that your laces are done up properly.

Bring a torch on the Evening Walk.

If you are taking medication please remember to bring it with you.

HAVE THIS ALL READY BEFORE YOUR SESSION STARTS

For all other sessions you should wear sensible clothes and shoes, which are suitable for the weather conditions

All clients with long hair must tie their hair back whilst on session

**IT IS IMPORTANT THAT YOU TURN UP ON TIME
FOR YOUR SESSION!**

CLOTHING – WHAT TO WEAR ON SESSIONS

Any medication you need **MUST** go with you to each session. For all other sessions please wear clothes that are casual, comfortable and appropriate to the weather. Jeans and jewellery are **NOT** to be worn for any session. Long hair **MUST** also be tied back.

Manor Adventure can't accept liability for the loss of any personal property brought to our centres – so please don't bring any valuable items, expensive clothing and footwear, mobile phone, handheld games consoles etc. We're unable to store them and they won't be insured whilst on centre. Manor Adventure cannot accept responsibility for any insect bites/infestations if brought in on clients' sleeping bags/bedding'

CANOE, KAYAK, SUP AND RAFT BUILD

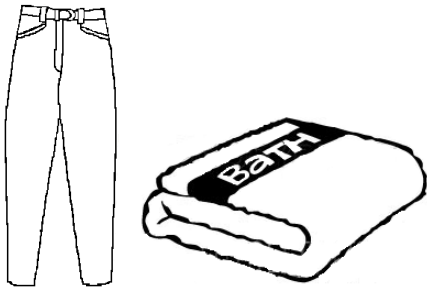
You must wear **TWO** tops, the outer layer should be a **LONG SLEEVED TOP**



Old Trainers **NO WELLIES, CROCS OR BOOTS**



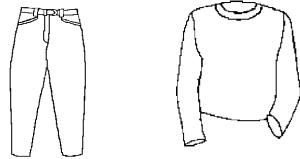
Long Trousers – No Jeans



**BRING SPARE CHANGE OF CLOTHES AND
A TOWEL**

LOW LEVEL CYCLING

You must wear a **LONG SLEEVED** top, **LONG TROUSERS** and **CLOSED FOOTWEAR**



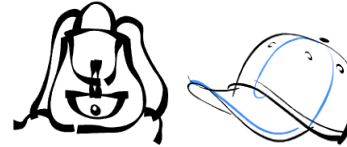
Bring a **RUCKSACK** and **WATER**



HILLWALK AND EVENING WALK

Warm/Sunny Weather

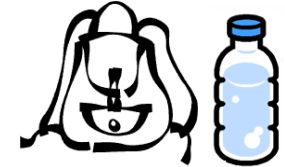
You can wear shorts and T-Shirt as long as you have sun cream on.



No matter what the weather **WEAR SENSIBLE FOOTWEAR** that supports your feet and take a **WATERPROOF JACKET** and **TROUSERS** with you

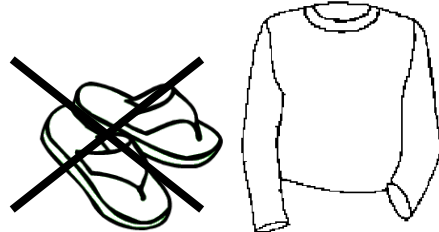
Cool/Cold Weather

Must wear at **least 2 WARM LAYERS**



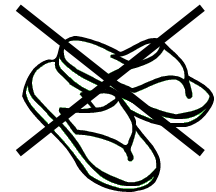
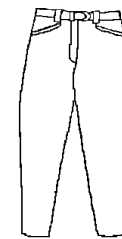
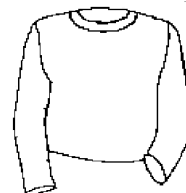
ARCHERY and RIFLES

You must wear a **LONG SLEEVED** top and **CLOSED FOOTWEAR**



BLIND TRAIL, OBSTACLE COURSE, LOW ROPES CLIMB and ABSEILING,

Old clothes that are ok getting **WET** and **DIRTY**



Long trousers and long sleeved top (even if it is sunny)
NO SHORTS, T-SHIRTS, WELLIES, CROCS or SANDALS

HIGH ROPES, ZIP WIRE, CRATE STACKING, LAKE CHALLENGE, JACOBS LADDER and FENCING

MANOR ADVENTURE - ABERNANT LAKE HOTEL

01591 610250

✉ ehalliwell@manoradventure.force9.co.uk

www.manoradventure.com

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OUTDOOR PURSUIT SESSION DETAILS

General Time Table:

07.30	-	Rise & Shine
08.00	-	Breakfast
09.00 – 10.30	-	Outdoor Pursuit 1
10.30 – 10.50	-	Break Time
10.50 – 12.20	-	Outdoor Pursuit 2
12.20 – 13.40	-	Lunch Time
13.40 – 15.10	-	Outdoor Pursuit 3
15.10 – 15.30	-	Break Time
15.30 – 17.00	-	Outdoor Pursuit 4
17.15 – 19.00	-	Evening Meal / Free time
19.00 – 20.30	-	Outdoor Pursuit 5
Bedtime	-	At the discretion of the school

NOTE: To help our domestic staff, please can:

ADULTS VACATE THEIR ROOMS BY 9am on the day of departure
STUDENTS VACATE THEIR ROOMS BY 1pm on the day of departure