

Longtown Day Activity Kit list



- Packed lunch
- Water bottle
- Medication if applicable – in a labelled clear plastic bag/food bag
- Full change of clothes and footwear including:
 - Trousers (no shorts or jeans)
 - T-shirt
 - Jumper
 - Underwear
 - Trainers - that you don't mind getting wet and muddy
- Towel
- Sun Hat and Cream
- Hat and gloves