



Kit List

The following is a **guide** for an activity week at
Morfa Bay Adventure

Please note that some items may only be required on a seasonal basis.
MBA does have a drying room facility for damp clothes/shoes and towels.

- sleeping bag (please name or attach a named luggage label)
- pillow and pillowcase
- waterproof coat (for wet weather conditions)
- x4 sweatshirts/jumpers
- x4 tracksuit bottoms (denim jeans are not ideal)
- x2 pairs of trainers (one pair preferably old for Assault Course and or Coasteering/Gorge Walking)
- flip flops/sliders or pool shoes essential for Sea Activities
- wellington boots (**Only required if Caving or Orienteering**)
- x3 shorts (x1 extra pair to wear over wetsuit if Coasteering/Gorge Walking)
- x4 t-shirts
- x2/3 towels
- underwear/socks
- toilet bag and toiletries
- one water bottle
- sun cream/ sun hat
- swimming costume (x2 if possible)
- x2 bin liners (one for Assault Course clothing) spare for any other wet items
- drinks mug for hot chocolate in the evenings (preferably non-breakable)

Following the Mud Assault Course clothing/footwear will be left in a designated drying area for each individual school. Once dry its needs to be collected and put in black bin liner to take home on the final day.

N.B. IT IS IMPORTANT THAT **ALL CLOTHING IS LABELLED** AS MORFA BAY ADVENTURE CANNOT BE HELD RESPONSIBLE FOR ANY MISLAID OR LOST ITEMS.

Pupils/young people attending may bring books, magazines and small travel games. Such items should only be used in the dormitories or during free time and are the responsibility of the individual.

NO MOBILE PHONES OR ELECTRONIC DEVICES ALLOWED.

All jewellery must be removed before each activity and handed in for safe keeping to accompanying teacher/group leader. (We would advise no jewellery if possible).