



Young Spirit Dartmoor Residential

Clothes to wear

- Trousers, jogging bottoms or similar preferably not jeans x 1
- T-shirt x1
- Jumper/ fleece x1
- Socks x1
- Suitable boots or trainers with good soles or wellies. X1

In a bag suitable for carrying

- Warm hat and gloves or Sun hat / Sun cream **Weather and time of year dependant**
- Packed lunch (First day only only)
- Drinks bottle min 1ltr
- Waterproof coat (and trousers if possible)

Clothes, bedding and overnight. **Some clothes may get very wet, we will provide a bag to bring them home but they will be sent home still wet.**

- Trousers, jogging bottoms or similar preferably not jeans x 5 (maybe some shorts!!!)
- T-shirt x5
- Underwear x5
- Socksx5
- Swimming costume, **we will provide wet suits but you may also bring your own if you prefer.**
- Spare shoes or trainers with good soles or wellies. X 3 **one pair to get very wet and muddy**
- Sleeping bag or duvet
- Pillow ,
- Nightwear
- Slippers
- Large towel
- Toothbrush wash kit etc
- Personal items soft toys, card, games, books, camera etc (electronic games, mp3s and mobile phones are not encouraged)
- Medication if carried
- Small torch
- Spoon, mug, bowl (for camping)
- You can bring your own large ruck sack for the back packing trip if you choose, 45ltrs or more(**we do provide them but you may have one you like more**), We also provide roll mats also but you can bring your own too.

Please note

Items may get dirty and/or damp so we recommend you bring older clothing