



## Midnight Ramblers - Packing List

### To Bring:

- Wash bag
- Raincoat or waterproofs/wellies/hat with rim (to keep rain out of eyes). **Bring raingear regardless of weather forecast.**
- Warm outerwear including hats, scarf and gloves (weather appropriate)
- Wear comfortable long sleeve shirt and trousers for both evening activities and sleeping (we recommend wearing a tracksuit as we will not be changing into pyjamas)
- Sleeping bag and pillow
- Sleeping mat
- One large pack or bag to hold everything
- Special cuddly toy (optional)
- Bottle of water (labelled)
- Eyeglass case (if appropriate)
- Special medication (Group Helper is responsible for ensuring medication is taken appropriately)

Please be sure all items are labelled with your name.

### Extras:

Binoculars, cameras, magnifying lenses

### Do Not Bring:

- ipods or music listening devices
- Blackberry or similar personal minicomputers
- Mobile phones (If you must bring a mobile phone, please switch off volume and use discretely where the children do not notice!!!)
- Inflatable mattresses

### Food & Drink:

We will be providing evening and breakfast snacks along with hot drinks. (See FAQ sheet for details). Assuming the group eats a complete dinner before registration, there will be no need to bring extra food. If there is no time to do so, you may want to bring a sandwich, etc. to supplement the snacks.

**There will be no alcoholic beverages served or permitted on the premises at any time!**

In order to comply with health and safety regulations, smoking will be permitted in designated areas at specified times only! Thank you in advance for your cooperation on this matter.