

KIT LIST (Essential)

**These Items MUST be brought to
Morfa Bay Adventure**

- One sleeping bag
- One pillow and pillowcase
- One single sheet
- Torch
- N.B Flip flip flops/sliders/sea shoes essential for sea activities (to be worn on the journey to the beach)
- One waterproof coat/hat /gloves (dependent on time of year/weather conditions)
- Two large towels
- One pair of wellington boots
- Two pairs of footwear for activities (ideally trainers) one old pair for assault course
- Underwear/socks
- Two pair's shorts (dependant on time of year)
- Three tees
- Set of old clothes for Assault course including footwear
- Two - Three warm sweatshirts/jumpers
- Two - Three tracksuit bottoms (jeans not ideal)
- Toilet bag and toiletries
- Water bottle (Morfa Bay Adventure bottles available to purchase on arrival)
- One swimming costume/trunks – for Sea & Assault Course
- Two bin liners (one for Assault Course clothing) and a spare for any other wet items – **ALL CLOTHING MUST BE TAKEN HOME**
- Plastic mug for hot chocolate & evening drinks (essential)
- Sun lotion (dependant on time of year)

KIT LIST (Recommended)

**These Items are highly recommended.
but are non-essential**

- Small rucksack
- Something to wear to the disco on the last night