

## Essex Outdoors Mersea Kit List

### Clothes and Shoes

- Nightwear / Warm Pyjamas (when camping it can get cold at night)
- Underwear and socks (please note that for many activities, socks will need to cover your ankles)
- Trousers / leggings for activities (not jeans)
- Shorts (summer groups, knee length for all activities)
- 1 pair of trainers for activities (Crocs, Sliders and Flip Flops not suitable)
- 1 pair of shoes for water sports (preferably old trainers)
- Pair of dry shoes for evening activities
- Fleece / sweatshirts for activities
- Long sleeved shirt/t-shirts (for activities where arms need to be covered)
- T-shirts
- 1 or 2 sets of clothes for the evening (disco if one is booked)
- Warm anorak or similar
- Wellington / waterproof walking boots (optional, winter groups)
- Swimwear including towel

### Other Items

- Sleeping bag Season 3 or duvet, pillow and single bottom sheet (unless otherwise advised)
- One towel for showering
- One old towel for wet / muddy activities
- Labelled bin bags for wet and dirty clothing
- Wash bag (including soap, shampoo and toothpaste)
- Torch and Batteries
- Pen, Pencil and Writing Paper

### Day Bag

- Small rucksack / bag
- Plastic drinks bottle
- Waterproof jacket / cagoule (and trousers if you have them)
- Baseball hat / sun hat
- Hat and gloves
- Sunscreen (summer groups)

**Please be aware that on certain activities clothing will get wet and muddy!**

**All clothing items should be named to avoid loss and should be packed in a kit bag or rucksack that should also be labelled and named.**

**It is strongly advised that mobile phones, MP3 players, jewellery and watches are left at home; these valuable items are easily lost or damaged at camp and can cause concern to leaders and campers alike.**

**Lost property is kept for 2 weeks before being disposed of.**