

SEALYHAM KIT LIST

The following list will help you pack your bag before you come to Sealyham. If the course is less than five days then please reduce amounts listed.

TOP TIPS FOR PACKING

- ☐ Try and pack your bags yourself so you know what you have brought with you
- ☐ Casual, warm clothes are best.
- ☐ Clothing will get dirty and wet at times, we do have a drying room that will be used during the week
- ☐ Please avoid bringing aerosol and others sprays, roll on type deodorant is fine
- ☐ Label everything so that you can identify it. You would be amazed at how much is left behind
- ☐ During the warmer months please make sure you have some sunscreen and a hat
- ☐ Do not bring expensive clothing or gadgets as they may get dirty or lost. We cannot be responsible for personal belongings

OPTIONAL ITEMS TO PACK

- ☐ Torch - useful for reading at bedtime
- ☐ Cameras - ensure waterproof and inexpensive. Disposable cameras are best
- ☐ A book
- ☐ Wellies - if the weather is looking wet

STUDENT SUPERVISION

During the day, we will group the students into 10's with each group having an instructor and a member of staff assigned to each group. Your instructor will stay with your group for the duration of the activities.

During the night, students will share rooms which have between 4 and 8 beds in each, your school will inform you of who you are sharing with.

Each sleeping area will have teacher rooms and they will be the first point of call in the night if any students need anything. We will have members of staff onsite too in case there is a wider issue.

Each area has individual washing and toilet facilities, either ensuite or just outside the room.

ESSENTIAL ITEMS TO PACK

- ☐ 5-6 T-shirts/long sleeve tops
- ☐ 3-4 Warm jumpers/fleeces
- ☐ Socks - at least 6-8 pairs of which 3 should be thick for use in boots/wellies
- ☐ Woolly hat and gloves
- ☐ 1 Waterproof Anorak/Cagoule
- ☐ Swimwear for under a wetsuit
- ☐ Wash bag with personal hygiene items. No aerosols please
- ☐ Reusable drink bottle (at least 1 litre)
- ☐ 2 plastic carrier/bin bags for dirty clothes
- ☐ 1 small rucksack for daily use
- ☐ 3-5 Joggers/leggings/ trousers (no jeans please)
- ☐ 6-8 sets of underwear
- ☐ Nightwear - pyjamas etc.
- ☐ Shoes - 1 pair of indoor shoes/slippers and 2 pairs of outdoor trainers one which can get wet and dirty
- ☐ 2 Towels
- ☐ 2 Shorts suitable to wear over a wetsuit
- ☐ Sunscreen and hat
- ☐ Lunch box - preferable rigid plastic (chiller bags get squashed easily)
- ☐ Any medication you take such as an inhaler, please make sure it has your name on it

CONTACT US

If anyone wishes to contact Active Learning Centre, they can do by email: info@activelearningcentres.co.uk or phone 1235 467304. Please do also keep up to date with our latest news, blogs, photos and videos on:

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