

# CLOTHING & EQUIPMENT LIST

## **IMPORTANT**

To ensure complete safety for MERC participants while involved in water activities, it is preferable that quick dry, non-absorbing type shorts are worn, e.g. board shorts.

Wetsuits, life jackets, and other essential safety equipment is provided, however, if children have their own they are encouraged to bring them.

The majority of our activities involve being out-of-doors, so during the colder months it is advisable to send your child with lots of layers / changes of clothes plus a couple of towels. There is plentiful hot water for showers & a drying room on site.

## **WHAT TO BRING**

### **All Participants:**

- Day pack (if planning any walking)
- Sunhat, sun block, lip screen
- Enclosed footwear such as sturdy, comfortable sand shoes (not just sandals please)
- Water resistant / windproof jacket
- Loose & comfortable layered clothing including spares, e.g;
  - T shirts (be sun smart - no tank-tops please)
  - Shorts
  - Long sleeve, warm tops (hoodies are ok)
  - Long pants
  - Woollen or fleece hat/ beanie
  - Plenty of underwear & socks
  - Swimming togs / shorts (see note above)
- Towels x 2
- A plastic bag for dirty and/or wet clothes

### **Residential Camps:**

- Bedding – e.g. sleeping bag or single bedding, pillow & pillowcase
- Sleepwear
- Toiletries / sanitary requirements
- Tea towel
- Clothes peg
- Plates (flat and dish type), cup, knife, fork & spoon all in a plastic grocery bag
- Drink bottle
- Pen or pencil
- Torch

**PLEASE ENSURE THAT ALL ITEMS ARE CLEARLY NAMED**