

Min-y-Don

CHRISTIAN ADVENTURE CENTRE

www.minydon.com

adventure & excitement – rest & relaxation

Recommended Kit List

Please bring the following items with you on your visit:

BEDDING & TOILETRIES

Sleeping bag or duvet – blankets, pillow & pillowcase are provided (On Ultimate Adventure Week all bedding is provided.)

Towel, soap, toothpaste (and brush!)

ACTIVITY KIT

KAYAKING/CANOEING

Swimwear, warm clothing

CLIMBING/ABSEILING/ROPES COURSE/AERIAL RUNWAY

Suitable outdoor clothing – preferably not jeans!

Trainers or outdoor shoes

ARCHERY

Long sleeved top

HILL WALKS

Walking boots – we can supply if you don't have your own

Warm clothes – jeans are not suitable!

Thick Socks

Small rucksack

Drinks bottle

SEASONAL CONSIDERATIONS

Insect Repellent

Sun Block

Hat

Gloves

OTHER HELPFUL ITEMS

Waterproofs – we provide full waterproofs for all activities but it is a good idea to have a coat of your own with you as well

Torch - especially for autumn/winter groups

Drinks bottle – to have filled up for packed lunch days

Additional warm clothing

Indoor shoes or slippers

Spare pairs of socks

Sports equipment – you may want to bring your own sports gear but we do provide tennis rackets and balls, golf putters & golf balls, table tennis bats, a football, volleyball and a basketball for you to use in your free time

Looking forward to seeing you!

THE MYD TEAM



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