

## What to bring with you

- layers of clothing for maximum comfort on board
- warm outdoor and wet weather clothing for walks (and boat trip if offered)
- hat, scarf and gloves
- walking boots or sturdy shoes
- wellies
- hiking poles (if used)
- dressing gown
- nightwear
- slippers/indoor shoes
- hot water bottle (if used)
- wash kit and toiletries (towels, bed linen and extra blankets will be provided)
- any medication (eg inhaler, epipen, insulin) that might be required

### **You might also want to consider bringing the following if applicable:**

- binoculars for bird watching
- camera
- art materials
- fishing tackle
- journal

## What CYE can provide

- Towels, bedding and blankets
- Buoyancy Aid (for boat trip, if offered)
- Waterproof jacket and trousers (for boat trip, if offered)
- Wetsuit (for Man Overboard! if kayaking is offered)

## Mobile Phones

We appreciate that you may need to bring a mobile phone, but respectfully request that it be put on silent mode and that calls are taken or made offsite, unless they are urgent