

**We look forward to
seeing you there!**



**If you have any concerns or
want to ask any questions
please contact Miss Neilson,
Miss Burns or Mrs Forrester.**



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Induction Experience

11th—15th

September

2017



Barcaple

Activities Include...

- Raft Building
- Mountain Biking
- Crate Stacking
- Abseiling
- Tree Climbing
- Zip Line
- Blind Ropes Course
- Team Challenges

A day at Barcaple

8am Breakfast

10am Activity

12pm Lunch

2pm Activity

5pm Dinner

7pm Evening Activities

10pm Bedtime!

ADVENTURE KIT LIST

This Kit List is to help you pack and to make the most of your Abernethy Adventure Experience.

Remember it is important to have plenty of old clothes

that you do not mind getting wet or muddy!

» GENERAL CLOTHING ESSENTIALS

- [] Sweatshirts/hoodies
- [] Casual trousers/jeans
- [] T-shirts & shorts
- [] Socks & underwear
- [] Suitable Nightwear
- [] Indoor shoes/trainers/slippers

» OUTDOOR CLOTHING ESSENTIALS

- [] Fleece/warm sweatshirts
- [] Waterproof jacket
- [] Old trousers/tracksuit bottoms (Not jeans)
- [] Old trainers/sturdy footwear that can get wet
- [] 1 pair long/soft socks
- [] Hat & gloves (For hillwalking)

» OTHER ESSENTIALS

- [] 2 towels
- [] Wash kit, including **shampoo**, **toothpaste** etc
- [] Small personal first aid kit
- [] Drinks flask, non-breakable (Named on the side)
- [] Small day sack

» RECOMMENDED/OPTIONAL ITEMS

- [] Sunglasses
- [] Non-breakable water bottle
- [] Insect repellent/anti-midge cream
- [] Sun cream, after sun & sun hat/baseball cap
- [] Torch
- [] Inexpensive/disposable camera
- [] Bin bag for bringing wet or muddy kit home

» 3 PACKING TIPS!

- 1] Make sure your belongings are clearly named where possible.
- 2] Tick the items off as you pack them, and bring this list with you so you have a record of what you brought. This will help you pack again for returning home.
- 3] Don't get someone to pack your bag for you—make sure you lend a hand so you know what you have with you!

» LEAVE AT HOME

We ask that you DO NOT bring expensive electronic devices with you.

» SOUVENIRS & MERCHANDISE

Abernethy has a small Centre Shop selling various snacks, essentials and souvenirs such as our popular Abernethy T-shirts & Hoodies. Prices for Abernethy clothing range from around £8.00 for a child's T-shirt to £24.00 for an adult hoodie.

» SPECIALIST EQUIPMENT

We will provide all specialist adventure activity equipment such as helmets & harnesses. We are able to supply the following items for you to borrow from our stores should you need them:

- Waterproofs
- Walking Boots
- Rucksacks