

What everyone will need to bring to the weekend

- Pens and Pencils
- Colouring stationary e.g. crayons or felt pens
- Notepad for writing
- Swimming kit for two sessions as there will be one in the morning and evening on both days
- Gym/PE kit for doing land training in (trainers, jogging bottoms, top, shorts etc)
- Plenty of drink (e.g. sports water bottle)
- Packed lunch for Saturday lunchtime. Sunday will have a longer break for lunch to allow people to go home and come back again if they wish.