



WHAT TO BRING

We have put together this list as a guide to help pupils prepare for their trip to Plas Menai. Plas Menai will provide all necessary personal protective clothing i.e. wetsuits, waterproofs, helmets, buoyancy aids etc.



Please ensure pupils bring with them

FOR ACTIVITIES

Shoes for on the water: Old trainers are ideal or if you have them wetsuit boots/shoes. Remember these will get wet!

(Please note flip-flops and crocs or similar are not suitable for on the water)

Towels: We do not provide towels in the accommodation, so please ensure pupils bring a couple of towels with them. These can be dried in the Centre's drying room overnight.

Swimwear: You will need this to wear for under your wetsuit when doing water-based activities

Warm Clothes: i.e. Thermals layers, fleeces

Trainers: You'll need these for land-based activities such as the rock wall and mountain biking. You can also wear them around the Centre when you are not doing activities.

Hair Ties: pupils with long hair will need to tie it up for some activities

50p for lockers (returnable)

If pupils have their own wetsuits they are more than welcome to bring them along, providing they are suitable. i.e. they must have long arms and long legs. However they are bought at their own risk and the Centre cannot be held liable for any items that get damaged or go missing.

AROUND THE CENTRE

Casual comfortable clothes

Underwear and socks

Footwear

Jacket

Hat, gloves, scarf: Autumn, Winter, Spring

Suncream & Sun hat: Spring, Summer

Toiletries and any personal medication

Pocket money: we have a small range of Plas Menai merchandise available (mugs, bags, notepads, badges, magnets) which range in price from £1 - £10 as well as vending machines available for drinks and snacks, so we suggest an approx. budget of between £5-10 per day.