



Castlewellan Forest Park trip

Thursday, 13 June 2019

PERSONAL EQUIPMENT LIST

Please wear tracksuit type clothing (which can get dirty) and comfortable flat sole outdoor shoes on arrival at Life Adventure Centre. The shoes should be old as they will be in Castlewellan Lake!

In addition, bring the following:

- ◆ Full change of clothing - ESSENTIAL! (trousers, t-shirt, top, underwear)
- Spare Training Shoes to wear home
- ◆ One warm jumper (or fleece jacket)
- ◆ Waterproof coat
- ◆ Sun screen/insect repellent
- ◆ Towel
- ◆ Snacks to last throughout the day. Children will not be eating their chips etc. until 3.30pm
- ◆ Expected return time to school 5.15pm

Thanks,
R Gardner
Z Heatherington