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| Indoor Activities | Outdoor Activities |
| Comfortable clothing (Jogging bottoms and hoodies) x2Spare socksIndoor shoesWater bottle | Waterproof raincoat / jacketWaterproof trousers (not obligatory)Hat & scarf or snoodGlovesThick pair of socksOutdoor shoes (Trainers / boots)Quick drying clothing (no jeans or cotton shirts)Football boots (not obligatory)Water bottleSunscreen (seasonal)Sun Hat (seasonal) |