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| Indoor Activities | Outdoor Activities |
| Comfortable clothing (Jogging bottoms and hoodies) x2  Spare socks  Indoor shoes  Water bottle | Waterproof raincoat / jacket  Waterproof trousers (not obligatory)  Hat & scarf or snood  Gloves  Thick pair of socks  Outdoor shoes (Trainers / boots)  Quick drying clothing (no jeans or cotton shirts)  Football boots (not obligatory)  Water bottle  Sunscreen (seasonal)  Sun Hat (seasonal) |