



THE GLADE AVINGTON

Things to bring with you;

- Insect repellent
- Torch
- Sun cream
- Flip flops/slip on shoes (getting to /from loo!)
- Matches
- Charcoal for Kadai bbq
- Warm and wet weather clothing.
- Walking boots/wellies/running kit
- Food for the bbq
- Milk
- Toiletries
- Binoculars
- Marshmallows - lots!
- If all fails there are shops within 4 miles!