



We're going back... 'Bridging the Gap 2022!'

Bridging The Gap
2019



We are very excited to be running our trip to Menai again.

Some of our activities include canoeing and team building along with school led sessions by high school staff.

Be sure it will be a fun packed few days away to meet others in the same boat!

Menai Kit list

- Day of Travel

- Packed lunch for outgoing travel
- **No mobile phones**
- **No electronic games/tablets/IPads/iPods/smart watches**
- **No Aerosol sprays**

- Equipment List

- **All items of clothing must be named**
- Water Bottle
- Sun tan cream
- Sun hat/cap
- Sensible indoor shoes and strong shoes for outdoors
- Trainers (old) that can get wet when canoeing
- Spare socks and underwear
- Long trousers (not jeans) for canoeing and team building
- Shorts
- Appropriate casual clothing

for other activities

- Cagoule or equivalent (waterproof over clothing will be provided for canoeing and team building)
- Sleeping attire
- Toiletries
- Towels
- Pen and pencils
- Watch
- Carrier bag to put any wet clothing in