

In the past, people have found it useful to have a prompt of things to bring. This isn't everything but it helps when packing. We are very relaxed so you don't need anything smart - unless of course, you want to!

- Warm, waterproof coat
- Hat (sun/warm)
- Gloves
- Plenty of layers
- Shoes suitable for walking on rough ground
- Refillable water bottle for days out
- Small backpack or day bag
- Sunscreen - you never know!
- Wash kit – don't forget the toothbrush!
- Refillable water bottle for days out
- Small backpack or day bag
- Personal medication as required
- Mobile phone
- Anything interesting you'd like to share with the group such as musical instruments, old photos, books, crafts, games, etc. (This is nice for people living with dementia if there is something that they relate to, it can help with 'conversation starters' and interaction and be useful one-to-one or for when in a group). Feel free to check with us ahead of your week regarding the suitability of any items.