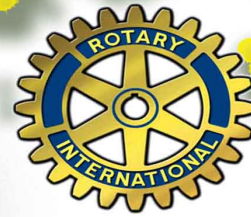




*Life*  
**A** *Adventures*

*Outdoor Education Centre*



## **What to Bring!!!**

**Definitely a set of old clothes**

**Torch**

**Comfortable Walking shoes**

**Tekkies (That can get wet)**

**Towel / s**

**Costume**

**Sun Block / lotion**

**Hat / cap**

**Funky outfit for one evening**

**Tuck Money**

**Medication**

**Something warm for at night or rain**

**Toiletries**

**Water Bottle for Hike**

**Note book and pen**

**Great attitude and imagination**

**Expectation for a new experience**

**Please note Cell phones will not be allowed during activities or sessions.**

**Personal effects are not our responsibility.**

**Many Thanks**

**Contact Us**

**Cell: 082 817 8345 / 082 522 5225**

**Email: [info@lifeadventures.co.za](mailto:info@lifeadventures.co.za)**

**[www.lifeadventures.co.za](http://www.lifeadventures.co.za)**