

Enid Blyton Dorset Trail – Five Fall Into Adventure

Wholesome Adventure Kit List

This seaside story adventure blends mindful walking, beach picnics, and childlike joy—all while camping in nature. Here's everything your clients need to feel prepared and nourished from start to finish.

Essentials

- ☐ **Valid ID**
 - ☐ **Reusable water bottle**
 - ☐ **Small backpack or day bag**
 - ☐ **Journal & pen**
 - ☐ **Phone & Charger**
 - ☐ **Any necessary medication**
 - ☐ **Snacks for the journey**
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Camping & Overnight Needs

- ☐ **Sleeping bag** (consider inflatable mattress or camping bed)
 - ☐ **Pillow or travel cushion**
 - ☐ **Torch or headlamp** (for night time use around camp)
 - ☐ **Towel** (quick-dry travel towels are best)
 - ☐ **Earplugs / sleep mask** (if you're a light sleeper)
 - ☐ **Toiletries** (toothbrush, toothpaste, soap, deodorant, shampoo etc.)
 - ☐ **Flip-flops or sliders** (for campsite or showers)
 - ☐ **Camping Equipment** (Gas Stove, mini kettle, travel pans for cooking, cup, plate, bowl, knife and fork. Lighter, disposable bbq, tea towel, Windbreak for privacy around the tent, Cooler, camping Chair)
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Clothing

- ☐ **Comfortable walking shoes/trainers**
- ☐ **Warm layers** (fleece or jumper for evenings)
- ☐ **Waterproof jacket & trousers** (just in case of rain)
- ☐ **Comfy loungewear / pyjamas**
- ☐ **Day outfits** (easy layers for exploring)

- ☐ **Socks & underwear** (enough for 3 days)
 - ☐ **Sun hat / cap**
 - ☐ **Swimwear** (if you'd like to paddle or dip your toes at the beach)
 - ☐ **Comfy clothing for walking and sitting on the beach**
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Beach Adventure Extras

- ☐ **Bucket and net** (provided, but feel free to bring your own favourites)
- ☐ **Picnic blanket or sarong** (lightweight)
- ☐ **Flip-flops or water shoes** (if you plan to explore the rockpools)
- ☐ **Small towel for drying feet or hands at the beach**
- ☐ **Sunscreen & lip balm aftersun**
- ☐ **Binoculars** (optional, for coastal views or wildlife)

Wholesome Extras (Optional but Lovely)

- ☐ A favourite Enid Blyton book (for fireside reading or sharing)
 - ☐ A small token or charm for your storytelling circle
 - ☐ Herbal tea (for calming evenings)
 - ☐ Reusable cup or flask
 - ☐ Blanket or shawl for warmth or grounding around the campfire
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For the Memories

- ☐ Phone or camera for photos
 - ☐ A tiny object to remind you of your journey (you'll know it when you find it)
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We'll take care of the rest: travel, meals, guided adventures, attraction tickets, and all the magic.

Story circle facilitation and reflective time. Lots of laughter, connection, and nature magic 🌿