## **Joining Instructions**

One of the team will be on hand to welcome you, if you can't find anyone, please check in at the farmhouse and they will direct you to the base camp.

Please remember that intake farm is a working farm, so please drive appropriately in the farm yard area

## Address for sat nav

Intake Farm Stoke-on-Trent ST10 2JR

## Kit list:

Please bring the following:

- Sleeping bag (3 season is ideal)
- change of clothes
- personal wash kit including hand sanitizer
- small towel
- a drinks bottle
- cup
- knife fork and spoon
- small personal first aid kit if you have one

we have ample equipment however some people like to bring their own kit

we will supply you with:

a small tent, Basha (tarp shelter), or hammock setup depending on your selection on the booking form.

all food and drink (but feel free to bring your own non-perishable food if you wish).

all equipment and tools for the activities throughout the retreat