

## KIT LIST

**This is a 5 DAY kit list please alter accordingly**

The courses at the centre involve a lot of time outdoors whatever the weather, and there is a likelihood of clothes getting wet. Summer or winter conditions will dictate a different amount to be brought, but old hard-wearing warm clothes are required.

<b>Clothing for activities</b>	√
▪ 3 – 4 pairs of walking/thick socks	
▪ 3 – 4 long sleeved fleeces or sweaters	
▪ Gloves, hat and scarf (depending on season)	
▪ Swimming wear (useful under a wetsuit)	
▪ 3 – 4 warm shirts, T shirts or thermal tops	
▪ 2 pairs of trainers, 1 for normal use, 1 old pair for wet activities	
▪ 3 – 4 pairs of trousers, tracksuit bottoms are ideal (jeans are not suitable for activities)	
▪ Waterproof coat (and trousers if you have them)	

<b>Other essentials</b>	√
▪ Several changes of underwear	
▪ Socks (not for activities)	
▪ 2 good sized towels	
▪ Wash Kit	
▪ Tissues	
▪ Pyjamas or night clothes	
▪ <b>Indoor shoes or slippers</b>	

<b>Other useful items</b>	√
▪ Wellington boots	
▪ Books/Playing cards	
▪ Torch	
▪ Writing materials	
▪ Lypsil or lip salve	
▪ Sun cream/ sun hat in summer	
▪ A camera	
▪ Bin liner for wet/smelly clothes	
▪ Spending money for gift shop	

<b>Clothes for evenings</b>	√
▪ A set of casual clothes for social activities	

### **Notes**

Students are asked to make sure that wherever possible their name is on their clothing and personal possessions.