

Kit list for a residential outdoor course

Our courses involve a lot of time outdoors, whatever the weather, and there is a likelihood of clothes getting wet and/or muddy. Summer or winter conditions will dictate a different emphasis on the amount to be brought, but hard-wearing, warm clothes are required. The following should be regarded as a minimum for all 5 day courses. You may get away with a bit less if only coming for 2 or 3 days.

<u>Clothes for activities</u>		<i>Check list</i>	
3 pairs thick socks & 3 pairs thinner socks (no trainer socks or toe socks)			
4/5 long sleeved fleece/hoodie/jumper/warm top			
3/4 pairs of trousers (no jeans), tracksuit bottoms or doubled-up leggings are ideal			
Fleece/woollen gloves or mitts, warm hat, scarf/buff/snood			
Swimwear for under wetsuits			
Waterproof jacket or coat (NB: you will be provided with a full set of waterproofs on arrival)			
3/4 warm shirts/t-shirts/thermal tops			
2 pairs of trainers - 1 pair for general wear and 1 pair for water activities			
<u>Other essentials</u>	<i>Check list</i>	<u>Useful Items</u>	<i>Check list</i>
Several changes of underwear		Wellington boots	
Several pairs of socks		Torch & spare batteries	
2 good sized towels		Small daysack	
Personal medication		Writing materials	
Plasters for blisters		Books, playing cards	
Toiletries *(no aerosols)		Lip salve (all year)	
Drinks bottle		Cuddly toy	
Sunblock		2/3 bin liners for dirty/wet laundry	
Sunhat/sunglasses		Tuck shop money	
Pyjamas/night clothes		Flip flops for the shower	
Casual clothes for the evening			

Important notes

All specialist outdoor equipment will be provided by the centre.(eg – wetsuits, waterproofs, helmets,etc).

Please mark your child's name on all clothing and personal possessions – this is especially important for medication such as inhalers. Remember you may be in a dormitory with 12 or more people. The centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and centre staff are not allowed to look after them.

Please check with your teachers to find out what the appropriate amount of pocket money is to bring for spending in the Tuck Shop. It is very helpful if students bring small change.

The course is an opportunity to experience a simpler life and experience time away from the on-line world and the consumer society – please do not bring mobile phones, ipods, ipads, games consoles, MP3 players, etc. It is nice to talk to each other, listen to the sound of the wind in the trees, bird calls and mountain streams.

****Please note that all aerosol products such as deodorants or hairspray are not allowed at the Centre as they set the smoke alarms off! Please bring a suitable alternative.***

On your arrival day please bring your own packed lunch. If possible can lunches be sent in environmentally friendly disposable packaging to ensure hygiene and ease of disposal.