



## EAST BARNBY OUTDOOR CENTRE

### KIT LIST

1 set casual clothes and footwear to wear evenings around Centre  
5 old woollen/fleece sweaters (bring extra in winter)  
5 sweatshirts/shirts  
5 T-shirts  
5 pairs old trousers (denims are not really suitable)  
1 pair trainers  
5 thick pairs of socks  
Hat and gloves (sun hat/sun cream/sun glasses/insect repellent in summer)  
Lip salve  
2 Towels  
Underwear  
Nightwear  
Toiletries in a suitable bag  
Swimwear (for wearing under wet suits)  
Small amount of cash for Tuck Shop (Bears £3.00, Caps £5.00 approx.)  
Plastic Bag (for wet clothing)  
Torch  
Drinks Bottle (also for sale in Tuck Shop) or Flask (clearly labelled with your name) OR you could buy a carton drink from the Tuck Shop each night to take out the next day if you prefer

### OTHER USEFUL ITEMS

Writing materials  
Book to read / a small quiet game  
A lunch box and a small back pack to hold your lunch  
Cameras may be brought at your own risk, however the Centre will give each activity group leader a waterproof digital camera for the duration of your visit

### WHAT NOT TO BRING

We recommend that the following items are not appropriate at East Barnby:  
Radios, Mobile phones, Jewellery, PSP's, DS Lites and similar computer games  
Extra food or sweets (Meal time food is more than sufficient and there is a tuck shop)

### PLEASE LABEL ALL CLOTHES AND EQUIPMENT

### EAST BARNBY PROVIDES:

Walking boots /wellies, waterproof tops and trousers, and small rucksacks. Please don't buy new ones especially, but bring your own if you have them as they will probably be more comfortable