

### 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.

<b><u>CLOTHES FOR ACTIVITIES</u></b>		✓
<ul style="list-style-type: none"> <li>• 3 pairs thick socks &amp; 3 pairs thinner socks (no trainer socks or toe socks)</li> <li>• 3 to 4 long sleeved fleece/hoodie/jumper/warm top</li> <li>• 3 to 4 trousers (No Jeans), tracksuit bottoms or doubled-up leggings are ideal</li> <li>• Fleece /woollen gloves or mitts, warm hat, scarf/buff/snood</li> <li>• Swimming costume</li> <li>• Waterproof jacket or coat (you will be provided with a full set of water proofs when you get here too but it is nice to have your own if its good)</li> <li>• 3 or 4 warm shirts / T-shirts / thermal tops (avoid cotton)</li> <li>• 2 pairs of trainers - 1 for normal use + 1 old pair for wet activities</li> </ul>		
<b><u>OTHER ESSENTIALS</u></b>	✓	<b><u>USEFUL ITEMS</u></b>
<ul style="list-style-type: none"> <li>• Several changes of underwear</li> <li>• Socks (for when not on activities)</li> <li>• 2 good-sized towels</li> <li>• Personal medication</li> <li>• Plasters for blisters</li> <li>• Toiletries, etc. *</li> <li>• Sun block - Factor 30 minimum /sun hat</li> <li>• Sunglasses</li> <li>• Drinks Bottle (1 litre)</li> <li>• Pyjamas or night-clothes</li> <li>• Casual clothes for evenings</li> </ul>		<ul style="list-style-type: none"> <li>• Wellington boots</li> <li>• Torch + spare batteries</li> <li>• Small daysack</li> <li>• Writing materials</li> <li>• Books/playing cards</li> <li>• Lypsyl or lip salve (all year)</li> <li>• 2/3 black bin liners</li> <li>• Pocket money</li> <li>• Cuddly Toy</li> <li>• CDs</li> <li>• Flip Flops (for the shower)</li> </ul>

### NOTES

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

Students are asked to make sure that their name is on their 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.

About £5 - 10 is plenty to bring on a 5-day course, as spending money. It is very useful if students bring small change for the tuck shop and drinks machine.

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. - talk to each other, listen to the sound of the wind in the trees, bird calls and mountain streams.

Please note that aerosol deodorants are not allowed at the centre as they set the smoke alarms off! Please bring a suitable alternative. Or smell.