



Kit List

The courses at the centre involve a lot of outdoors whatever the weather, and there is a likelihood of clothes getting wet. Please remember to pack **bin liners** to store used wet clothes in.

Please make sure all clothing is named to ensure it does not get misplaced.

Clothing for Activities	Packed
2-3 pairs of walking/thick socks	
2-3 long sleeved fleeces or sweaters	
Gloves, hat and scarf	
Swimming wear (for under wetsuit)	
2-3 warm shirts, t-shirts or thermal tops	
2 pairs of trainers (1 for normal use, 1 old pair for wet activities)	
2-3 pairs of trousers, tracksuit bottoms (no jeans)	
Waterproof coat (and trousers if you have them)	

Other Essentials	Packed
Several changes of underwear	
Socks (not for activities)	
2 good sized towels	
Wash kit	
Tissues	
Pyjamas or night clothes (warm)	
Indoor shoes or slippers	
Water bottle	

Other useful items	Packed
Wellington boots	
Reading book/notebook with pen	
Torch	
Lypsil	
Suncream/Sunhat	