

## Kit List – Residential

- Duvets or sleeping bag
- 2 towels and washing gear
- ROLL ON DEODERANT ONLY. **NO AEROSOLS.**
- Warm night clothes
- Several pairs of trousers or tracksuit bottoms
- (**not** jeans as they do not dry easily)
- Socks and underwear
- 2 pairs of trainers (1 old pair for canoeing)
- 1 pair indoor shoes/slippers
- Sweaters/sweatshirts
- Wellingtons or walking boots
- Waterproof jacket
- Warm shirts
- Warm coat or fleece
- Gloves and woolly hat
- Warm socks
- Torch/Biro
- Purse or wallet labelled with name & address
- Maximum £5 spending money
- Water bottle
- Big polythene bag for wet clothes or wellingtons on return trip

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### Additional for Summer Months

Baseball Cap	T-shirts
Shorts	Swimming Costume
Sun cream	

1. Sturdy trainers or walking boots are essential. Wellingtons could be useful. There is a limited stock of cagoules and overtrousers (waterproofs) which can be issued if necessary, and a limited stock of wellingtons of different sizes.
2. They should bring as many changes of trousers and socks as possible; they will find that two pairs will last them no time at all!
3. **All clothes should be marked.** Wellies, towels, pants and socks are the most frequently mislaid. Any items of clothing left behind will be returned if the postage is sent to us, otherwise at the end of the year they are auctioned off for charity.
4. Students must bring duvets or sleeping bags. Pillows, pillow cases, bottom sheets and a blanket are provided.
5. The more thin layers they wear especially of wool or cotton, the greater efficiency there will be for keeping warm. Puffer jackets will not be adequate on their own. Warm feet and hands also help in cold weather, and a woollen hat is a great heat saver.
6. It is policy not to allow students to use mobile phones or ipads at the Centre.
7. Jewellery, in particular rings and earrings, should **not** be worn during activities due to the possibility of being caught in the equipment, and long hair must be tied up.
8. Please do not bring additional sweets/snacks.