

## Kit List – Residential

Duvet or sleeping bag  
 2 towels  
 Toiletries – please bring just the minimum, basic essentials. (**Roll deodorants only, no aerosols**)  
 Warm night clothes  
 Several pairs of trousers or tracksuit bottoms (**not** jeans as they do not dry easily)  
 Underwear and plenty of socks  
 2 pairs of trainers (1 old pair for canoeing)  
 Secure footwear for zip wire and rope activities (not wellington boots)  
 1 pair indoor shoes/slippers  
 Sweaters/sweatshirts.  
 Wellingtons or walking boots  
 Waterproof jacket  
 At least one shirt with a collar to prevent harnesses rubbing (eg. school polo shirt, hoodie OK if cold)  
 Warm coat or fleece  
 Gloves and woolly hat  
 Warm socks  
 Torch  
 Biro  
 Purse or wallet labelled with name & address  
 Water bottle – required for morning break  
 Big plastic bag for wet clothes or wellingtons on return trip

**Hairbands are essential to tie back long hair for all activities**

### Additional for Summer Months

Baseball Cap	T-shirts, including at least one with a collar
Shorts (knee length)	Swimming Costume
Sun cream	

1. People particularly from the town are often unaware of the implications of spending time outdoors in the country. **It is essential that wellingtons or walking boots are brought.** We do have a limited stock of cagoules and overtrousers (waterproofs) which we may issue if necessary, and a limited stock of wellingtons of different sizes.
2. **Please stress that 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. All bedding is provided for visiting adults/staff

5. Please try and point out that the thinner 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 our 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.