

Kit list

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.

CLOTHES FOR ACTIVITIES

★ (Additional needed for wet activities)

- **Old Trainers and Wellies** For Beck Scrambling you need wellies or sturdy footwear
- **Clothes to be worn including** T-shirt, jumper, tracksuit bottoms, thick socks or 2 thin pairs (NO trainer socks)
- **Coat or Waterproof jacket and waterproof trousers if you have them** The centre can provide waterproofs if needed, but it is best to use your own
- **Extra warm layers:** Long sleeved fleece/hoodie/jumper/warm top, trousers (NO Jeans), tracksuit bottoms or doubled-up leggings are ideal, top/thermal tops (avoid cotton), thick socks or 2 pairs thinner socks (NO trainer socks or toe socks)
- **Warm hat/scarf/buff or a Sunhat if it is going to be sunny & hot**
- **Gloves**
- A full spare set of clothes & footwear should you get wet
- ★ **Swimming costume**
- ★ **Towel**
- ★ **Footwear & socks suitable for getting wet – old trainers or wet boots, no Crocs, sandals or flipflops please.**

OTHER ESSENTIALS / USEFUL ITEMS

- **Lunch**
- **Drinks Bottle** 1 litre or more
- **Sun block** Factor 30 minimum/sun hat/sunglasses
- **Personal medication** Inhaler, epi-pens etc
- **Pocket money** In case we stop for a treat!
- **Small daysack**

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. 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.

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 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!

