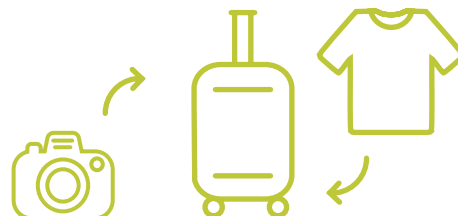


# KIT LIST

We'll provide you with walking boots, waterproofs and a rucksack. If you have your own you can bring them, but please don't buy them especially. All specialist activity and safety equipment will be provided as required.

Life at the centre is pretty casual, we're a jeans and trainers type of place in the evening. But for the outdoor activities you will need to bring clothing that will keep you warm and comfortable (not jeans). The weather isn't guaranteed(!) so we find that layers are always best.

**Our advice is to leave any valuable items behind. And aerosols and painkillers are not allowed at our centres.**



| ITEM   | CHECK                    | NOTES  |
|--|--------------------------|--|
| <b>TWO PAIRS OF TRAINERS</b>                             | <input type="checkbox"/> | Bring two pairs of trainers - one pair that you don't mind getting wet or muddy. This could be an old pair or some 'wet shoes'.  |
| <b>SWEATSHIRTS, JUMPERS, HOODIES OR FLEECEs</b>          | <input type="checkbox"/> | Fleecees are ideal as they dry quickly but any of the other items are a good substitute.   |
| <b>TROUSERS, SHORTS</b>                                  | <input type="checkbox"/> | Trousers (tracksuit bottoms, leggings, walking trousers). You can bring jeans for around the centre, but not for activities because they take too long to dry if they get wet. |
| <b>T-SHIRTS, LONG SLEEVED TOPS, BASE LAYERS</b>          | <input type="checkbox"/> | Aim for tops that cover your shoulders from the sun.   |
| <b>UNDERWEAR / NIGHTWEAR</b>                             | <input type="checkbox"/> | Trainer socks aren't recommended for outdoor activities as you'll be wearing walking boots. Sports bras may be useful.   |
| <b>WALKING / THICK SOCKS</b>                             | <input type="checkbox"/> |  |
| <b>SUN HAT, SUNGLASSES, SUN CREAM</b>                    | <input type="checkbox"/> | Don't bring expensive sunglasses. Sun cream will need to be at least factor 30.  |
| <b>WARM HAT AND GLOVES</b>                               | <input type="checkbox"/> | We can provide these but feel free to bring your own.  |
| <b>TOWELS</b>  | <input type="checkbox"/> | You will need a towel for showering and on activities, so bring at least one.  |
| <b>SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER</b> | <input type="checkbox"/> | It's also a good idea to bring a couple of plastic bags to carry any wet clothes in.   |
| <b>TOILETRIES</b><br>Including personal medication.      | <input type="checkbox"/> | Don't bring aerosols. Don't forget asthma inhalers or EpiPens if needed.   |
| <b>OTHER USEFUL STUFF</b>                                | <input type="checkbox"/> | Phone charger, lip balm, insect/midge repellent, blister kit or plasters, earplugs, eye mask, book/magazine (wifi won't stretch to the bedrooms).                              |