

## Kit List

- Sleeping bag or duvet (tied in a roll) **Pillows and bottom sheets are provided**
- towels (**as one may get muddy!**) and toiletries (**Roll on deodorants only, NO aerosols**)
- Warm pjs
- Several pairs of trousers or tracksuit bottoms (**not** jeans as they do not dry easily)
- Underwear and plenty of socks (**they often go through 2 pairs a day at least!**)
- pair of trainers (**1 old pair for canoeing, another secure pair for climbing etc – they will not be allowed to climb in Wellies**)
- Sweaters/sweatshirts
- Wellingtons or walking boots (**the grass is very wet so wellies are good for walking around but not good for climbing etc so they will need trainers you don't mind getting wet/dirty for this**)
- Waterproof jacket and trousers
- Warm coat or fleece (It gets cold!!) (Lots of jumpers, lots of fleeces – IT'S COLD!)
- Gloves and woolly hat
- Warm socks (several pairs)
- Torch - headtorches are good but hand held just as useful
- Purse or wallet labelled with name & address (for the tuck shop - see price list attached for approx. costings)
- Water bottle
- Hairbands are essential to tie back long hair for activities
- Something nice for the disco on the last evening
- Big plastic bag for wet clothes or wellingtons on return trip (there is a dryer so most things will be dryish!)

### REMEMBER TO LABEL EVERYTHING PLEASE!

1. People are often unaware of the implications of spending time outdoors in the country, particularly camping, and students must bring warm clothes. It is **essential** that wellingtons or walking boots are brought.
2. **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.
3. There is a drying room in the house we are staying in
4. 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.
5. It is our policy **not to allow students to bring mobile phones or ipads at the Centre.**
6. Jewellery, in particular rings and earrings, should **not** be worn
7. Please do not bring additional sweets/snacks.