

Kit List – Residential Courses

The centre will provide all specialised clothing for the activities. Warm fleece jackets, balaclavas and gloves can be provided, although sometimes it is more comfortable for you to bring your own. Warm clothing even in summer is advisable.

We recommend that you do not bring new clothes to the centre, they may end up damaged and will certainly get dirty if used on the activities. Denim fabric of any sort is not suitable for outdoor activities and should not be brought for that use.

Put name-tags on all items of clothing or mark them with a permanent marker

THINGS TO BRING FOR A 5 DAY COURSE

- 4 warm jumpers or heavy sweatshirts
- 6 warm t-shirts
- 3 pairs of jogging bottoms / tracksuit bottoms
- Hat and gloves
- 10 pairs of thick socks
- Underwear
- Old trainers that can get wet
- Midge hood (May – October)
- Sun hat
- Sun block (at any time of year)
- Wellington boots (if you have them, otherwise we can supply)
- Torch
- Swimming costume
- Lunch box and plastic water bottle

ADDITIONAL CLOTHING FOR INDOORS

- Night clothes
- Shoes / trainers
- T-shirts, trousers, sweatshirts, socks (for arrival/departure and indoors)
- Special clothing for Thursday night disco

ADDITIONAL ITEMS

- 2 medium towels
- Toiletries
- Sufficient medication (labelled)
- Disposable camera

THINGS NOT TO BRING TO THE CENTRE

- Mobile Phones & Chargers
- Football strips
- Hairdryers / straighteners (Hairdryers will be provided by the centre)
- Chewing gum
- Aerosols (can set fire-alarms off)
- Radios / CD players / MP3 etc
- TV'S / electronic games
- Any other Electrical Appliances

These items do not lend themselves to the ethos of the centre: that the experience of the visit should be unique and removed from everyday life. In addition, some of them can present a genuine fire risk.