

PERSONAL EQUIPMENT LIST

The Centre will issue the following items to all pupils and staff for the week.

- WATERPROOF CAGOULE
- FLEECE JUMPER
- WATERPROOF TROUSERS
- WALKING BOOTS
- DAYSACK

Students are welcome to use their own subject to a safety/suitability check by centre staff. Other items for the specialist activities programmed will be issued on a daily basis as appropriate.

STUDENTS MUST BRING THE FOLLOWING PERSONAL ITEMS:-

For Indoor Use

- Fitted sheet, duvet cover and pillowcase
- One tidy change of casual clothes.
- Slippers or soft shoes.
- Night clothes.
- Toiletries in a bag.
- Two towels.
- Sufficient change of underwear/socks.

For Outdoor Use

- At least 3 changes of old warm clothes including
- Woollen or fleece jumpers.
- Tracksuit bottoms or loose trousers (not denim).
- Warm shirts/vests.
- Thick woollen walking socks
- Long sleeved shirts and/or thermal underwear/base layers
- Swimwear.
- Wellies. (Also available to borrow from Centre)
- Old pair of trainers.
- Fleece/Woollen hat
- Windproof/waterproof gloves.

Participants should not go to undue expense to provide new clothing – old but warm (even jumble sale) clothing will help ensure safety.

ALSO

- Plastic Lunch Box (small – 20cm x 15cm maximum please).
- Flask for hot drink – unbreakable. **Glass flasks do not survive this experience!**
- Torch and spare batteries (not small).
- 2 large plastic bags for laundry.

ALL ITEMS SHOULD BE CLEARLY NAMED
Valuables should be left at home.
Cameras should be inexpensive or preferably disposable.
NO MOBILE PHONES.