

## **'What to Bring' List**

### **2-Day/3-Day Residential Activity Programme**

The Centre has extensive stores and will provide all necessary specialist equipment. This includes waterproof jacket & trousers, small rucksack, walking boots and/or wellies.

**There is no need to purchase any specialist items**, however, should you have your own equipment, feel free to bring it. Please remember that clothing used on our courses may get wet and dirty, so older/less expensive items are preferable.

#### **The Following Items are Suggested as the Minimum for Your Course\***

- Clothes and shoes to travel in (also for indoor wear at Centre)
- Packed lunch and drink for the first day
- Personal medication (if applicable)
- Sleeping bag (all other bedding will be provided)
- 3 x pairs trousers (not jeans)
- 3 x t-shirts
- 3 x jumpers/sweatshirts/fleece tops/hoodies
- 4 x pairs of socks
- Underwear (enough for several changes)
- Pair of old trainers or shoes
- Warm hat and gloves
- Jacket/coat
- Pyjamas or bed clothes
- Towel and wash kit/toiletries
- Swimming costume/trunks
- Torch with batteries (if you have one)
- Sun screen (Spring/Summer)
- Sun hat/cap and sunglasses (Spring/Summer)
- Spending money (check how much to bring with your school/organisation)
- Reading book (optional)

\*Please mark or label clothing and equipment with the owner's name, to avoid mix-ups.

#### **Seasonal Variations**

Programmes during the colder part of the year would be advised to pack extra warm clothing, extra gloves etc. During warmer weather, shorts and extra t-shirts may be appropriate.

#### **Electrical Items**

Items such as mobile phones, MP3 players and tablets can easily get lost, damaged or broken and can often be a distraction. There are limited facilities for recharging and we recommend that these items are best left at home. Please also check with your school or organisation regarding their policy on electronics.

Many thanks. We look forward to seeing you soon! 😊