

CLOTHING LIST – Three day programme

The courses at the centre involve a lot of time outdoors whatever the weather, and there is a likelihood of clothes getting wet. Summer or winter conditions will dictate a different amount to be brought, but old hard-wearing warm clothes are required.

Clothing for activities	✓
▪ 2 pairs of walking/thick socks	
▪ 2 long sleeved fleeces or sweaters	
▪ Gloves, hat and scarf (depending on season)	
▪ Swimming wear (useful under a wetsuit if canoeing)	
▪ 2 warm shirts, T shirts or thermal tops	
▪ 2 pairs of trainers, 1 for normal use, 1 old pair for wet activities	
▪ 3 pairs of trousers, tracksuit bottoms are ideal (jeans are not suitable for activities)	
▪ Waterproof coat (and trousers if you have them)	

Other essentials	✓
▪ Several changes of underwear	
▪ Socks (not for activities)	
▪ 1 good sized towel	
▪ Wash Kit	
▪ Tissues	
▪ Pyjamas or night clothes	
▪ Indoor shoes or slippers	

Other useful items	✓
▪ Wellington boots	
▪ Books/Playing cards	
▪ Torch	
▪ Writing materials	
▪ Lypsil or lip salve	
▪ Sun cream/ sun hat in summer	
▪ Bin liner for wet/smelly clothes	
▪ Spending money for gift shop	

Clothes for evenings	✓
▪ A set of casual clothes for social activities	

Notes

Students are asked to make sure that wherever possible their name is on their clothing and personal possessions.