

## Kit List - Residential Courses -

The centre will provide all specialised equipment for activities.

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.

**In addition please put names on all items of clothing!**

Things to bring for a 5 Day Residential Course.

- Waterproof trousers and jacket
- Disco Clothes
- 5 woolly jumpers or heavy sweatshirts
- 8 warm t-shirts
- 6 pairs of jogging bottoms / tracksuit bottoms
- Hat and gloves
- 10 pairs of thick socks
- Underwear
- Old trainers that can get wet
- Sun block (at any time of year)
- Walking Boots, Wellies or comfortable sturdy outdoor shoes
- Torch
- Swimming costume
- Plastic water bottle
- Small Rucksack
- Carrier bags/bin bags for wet/dry clothing & dirty trainers

Additional clothing for indoors

- 2 medium towels
- Night clothes
- Toiletries - no aerosols
- Shoes/trainers/slippers
- t-shirts, trousers, sweatshirts, socks (for arrival/departure)

Additional items

- Disposable camera
- Sufficient medication (Labelled)

**THINGS NOT TO BRING TO THE CENTRE**

Electrical Appliances

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

Such appliances do not lend themselves to the ethos that the centre holds; that the experience of the visit should be unique and removed from every day life. In addition some can present a genuine fire risk.