

Ardroy Outdoor Education Centre

Recommended Clothing List for a 5-day residential



We supply a full set of waterproofs, fleece, rucksack and wellies to every participant. Anyone who has their own walking boots or wetsuit etc. is welcome to bring them.

Linen

1 x pillowcase, 1 x single duvet cover, 1 x single bed sheet - all clean and must fit into your compressible bag. Please put this at the top of your bag.

(Please speak to your child's school/ group if you have any issues supplying this).

Around the Centre

Comfortable and warm clothes for non-activity time x 2

Nightwear

Towel

Toiletries (soap, toothbrush etc.)

Footwear and socks

Don't forget your undies!

Medication: All medication should be given to the teacher/leader on the morning of departure. Please mark medication clearly with young person's name, dose, and frequency that it is required. For inhalers & EpiPens, please bring a spare and ensure they are in date.

For Activities

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| Warm, old, loose-fitting trousers - not jeans | x 3 |
| T-shirts | x 3 |
| Fleeces or Jumpers | x 4 |
| Long thick socks | x 2 pairs |

Thermal hat or similar

Warm gloves – ideally windproof e.g. ski gloves

Water bottle (save plastic and re-use a drinks bottle with a screw top)

Cream for lips especially in winter.

Carrier bags for muddy clothes/trainers, to return home in

Antibacterial wipes (for cleaning hands when eating packed lunch away from Centre)

Seasonal Extras

Easter to Halloween ('Summer')

Swimming costume

Shorts

Midge repellent – Avon's "Skin so Soft" is good!

Suncream & peaked cap

Old trainers to get wet

Halloween to Easter ('Winter')

Spare warm hat and gloves

Extra jumper or fleece

Torch for night activities.

Insulated insoles if you have cold feet

If possible, please pack everything in a compressible bag rather than a rigid case. Bags are easier to store once unpacked. Please remember your child may have to carry their bag up two flights of stairs – don't overdo it!

Everything (please!) should be marked with the owner's name. If it gets mislaid, and there is no name on it – we can't get it back to you....