

Equipment List for Five-Day Residential Stay

Please put your name on clothes labels and cameras, etc.

General Items.

Swimwear.
Personal clothing for informal evening wear.
Two towels (one bath size).
Nightwear.
Toiletries (toothbrush, soap, etc.).
Changes of underwear and socks. (2 changes per day)
Indoor shoes/slippers.
Drinking water bottle.
Pen/pencil/crayons.

Clothing Required For Activities.

Old clothing is best as many of the activities can leave you wet and muddy.
Two lightweight jumpers/fleeces (at least).
One heavy jumper/fleece.
Two casual shirts.
Four or more t-shirts.
Two or more tracksuit pants or jogging trousers or trousers with loose-fitting legs.
Two pairs of trainers.
Three pairs of long thick socks, e.g. walking socks or football-type socks.
Shorts/sun tops/sunhat (in the event of a fine spell).
One large plastic bag/pillow case for wet and dirty clothing.

Optional Items.

Wellingtons or walking boots
Single-use camera.
Music / CDs.
Sun cream / insect repellent (May – September).
Lip salve.

Please do not bring

Your own hairdryer or other electrical equipment. These can be a fire hazard.
Your mobile phone.
Any aerosol sprays. This includes deodorant and hairspray.

Frequently Asked Clothing Questions.

Q. Do I need to buy walking boots?

A. No. Please do not buy anything new. Kilbowie provides all the outdoor equipment you will need, personal clothing will get wet and muddy and could be damaged on activities. Bring older clothes for activities!

Q. Why do I need swimwear if we are not going to the Pool?

A. Swimwear should be worn under clothes and wetsuits when there is a chance of getting wet.

Q. Can I wear a football top?

A. As with schools North Lanarkshire Council does not allow Football colours to be worn.