

Equipment List For Five-Day Residential Stay

Please put your name on all clothes and belongings

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 pairs of 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 (for disco)
- 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
- Ipods/Ipads/tablets etc.
- Any aerosol sprays ~ this includes deodorant and hairspray