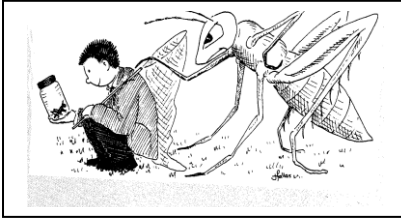


KIT LIST

All the activities will be outside so students will need plenty of warm clothes especially in winter. Clothes will get dirty and wet. More clothes are needed for a week long course.



The following list
is suggested as a guide:



Several T-shirts or long sleeved tops.

Old thick jumpers or fleeces

Old tracksuit bottoms or similar (not jeans for comfort and safety reasons)
3 pairs of shoes, 1 pair for indoors, 1 pair for outdoors and 1 pair for water activities that may get wet if you are doing canoeing.

Night clothes

Underwear

Toiletries, Tooth brush and toothpaste, soap, shampoo etc

Towel

Plastic bags for wet clothes

Hat and gloves for cold weather

Shorts, sun cream, a hat and a plastic drinks bottle for hot weather

Socks, several thick pairs and several normal ones

Casual clothes for evening wear

Torch



If you have the following bring them with you,
otherwise they will be provided.



Walking boots

Wellington Boots

Waterproof jacket

Waterproof over trousers

Small rucksack

No one should need to buy anything for their visit.

Strictly no mobile phones are allowed.

**DUE TO SMOKE DETECTORS IN THE BUILDINGS AEROSOL SPRAYS
MUST NOT BE USED – DO NOT BRING THEM**

STUDENTS NEED A PACKED LUNCH FOR THE FIRST DAY

IN SUMMER A HIGH FACTOR SUN CREAM IS IMPORTANT