



Kit List

It's important to bring clothes that keep you warm and dry and that you don't mind getting muddy and wet.

- Trousers/Tracksuit Bottoms/Leggings (Denims are fine for indoors but not for activities).
- Sweatshirts/Fleeces/Hoodies
- Casual clothes for indoors.
- Warm waterproof coat/jacket for activities.
- It is important to have enough shoes to wear indoors and for the different activities: wellingtons, old trainers (if canoeing/kayaking), trainers/walking boots for use outdoors and a pair of shoes/slippers only for indoor use – these need to have a proper sole i.e., not slipper socks.
- Underwear and socks
- Wash kit and Towel
- Thick socks to wear with walking boots.
- Plastic bags for muddy clothes/shoes and for dirty clothing
- Water Bottle/Flask
- Torch
- Change for Tuck Shop

In addition to the above:

- In the summer
 - sun cream, sun hat and insect repellent are essential.
- In the winter
 - bring plenty of warm clothing including hats and gloves.

For residentials, please also bring:

- Pyjamas/Night clothes

Groups often bring their own packed lunch on the first day of a course; your leader will let you know if this is required.