



Clothing Check List

Basics

- 3 x Fleece or Wool jumpers**
- T-shirts** [- lots!]
- 3 x Trousers** [Thick tracksuit, combats, **no** Jeans]
- 3 x Thick/wool socks**
- Wool/Fleece Hat & Gloves**
- Nightwear**
- Underwear & Socks**
- Casual Indoor clothes**
- Wash Kit & Towels**
- Toothbrush**
- Indoor Shoes**
- Old Trainers to canoe in**
- Swimming Costume**
- Small Torch + Batteries**
- Plaster strips** [for blisters]
- Drink Container**
- 2 x Bin Bag** [to make a waterproof liner for rucksack & to store wet clothing on journey home]
- Wellingtons**
- Water Bottle**

Winter

- 'Thermal' T-shirts/underwear.

IMPORTANT

- The Centre provides all bed linen.
- Each bed has a duvet and pillow.



Summer

- Shorts.**
- Baseball/Sun Hat.**
- Sun Cream & Block**
- Sun Glasses.**
- Long sleeved lightweight shirt/T-shirt.**

The Centre provides for each person:

- **Waterproof Jacket & Trousers.**
- **One Fleece Jumper.**
- **Walking Boots.**
- **Rucksack,**
- **Wetsuit.**
- **Buoyancy Aid.**
- **All specialist / Safety equipment**

Top Tips

- **Sweatshirts and Jeans are not good insulators when wet.**
- **Always have a bin bag in your rucksack to waterproof it.**
- **Have your wool/thick socks handy when you arrive so you can try on your boots with the right socks.**
- **Plain cheap green wellies with black or beige soles, good tread. No 'fashion Wellies!!'**
- **Very BIG or small feet let us know in advance.**
- **DO NOT buy any expensive 'Designer' outdoor clothing or boots for your course.**