

WHAT TO BRING

PACKED LUNCH

Bring a disposable packed lunch for day 1 with a drink – not fizzy.

CLOTHING

These lists are intended as guidance for clothing that should be brought when visiting the Centre for an activity session or a residential stay.

The Centre has all the safety equipment needed and wetsuits are used in cold weather for water sports.

It should be stressed that students should bring **old** clothes, as they may get wet and dirty on some activities.

Summer Kit List

For Land based activities:

Old clothes you don't mind getting dirty (if caving bring a long sleeved top and a pair of tracksuit bottoms)

A pair of old trainers that you don't mind getting dirty + a spare pair to wear home

Sun cream

A sun hat/baseball cap

Something to drink

DON'T WEAR JEANS!!

For Water based activities:

Old clothes you don't mind getting wet (including trainers)

A full change of clothes to go home in (including footwear)

Swimming costume/trunks/shorts

Sun cream

Something to drink

A towel

DON'T WEAR JEANS!!!!

Winter Kit List

For Land based activities:

Old clothes you don't mind getting dirty (if caving bring a long sleeved top and a pair of tracksuit bottoms)

A pair of old trainers that you don't mind getting dirty

A spare set of clothes to wear home (including footwear)

A nice warm jumper

A water-proof coat

Something to drink

Gloves, hat and scarf

DON'T WEAR JEANS!!

For Water based activities:

Old clothes you don't mind getting wet (including trainers)

A full change of clothes to go home in (including footwear)

Swimming costume/trunks/shorts

A woolly hat

Something to drink

A towel

DON'T WEAR JEANS!!!!

OVERNIGHT

If you are staying overnight then you also need to bring a sleeping bag (or duvet) sheet, and pillow, towel and wash things, pyjamas etc.