



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 for Juniors & field study groups ONLY**

Winter

- ☐ **'Thermal' T-shirts/ underwear.**
- ☐ **Thermos Flask.** [A steel flask is a good investment]
- ☐ **Extra pair of Gloves & Hats**
- ☐ **More torch batteries**

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.**
- **Wipe heels and toes with surgical spirit for a week or so, to toughen the skin and avoid blisters.**
- **Always have a bin bag in your rucksack to waterproof it.**
- **A cheap camera will help to record all the best bits!**
- **Have your wool socks handy when you arrive so you can try on your boots with the right socks.**
- **Field Study groups need a big transparent plastic bag to cover their clipboards. It is then possible to write under it when it rains.**
- **Junior Groups – Bring your own wellies.**
- **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.**