


Student Kit List

You are likely to get wet on activities so bring at least a complete change of warm cloths for each day, remember they will get dirty so bring old things that don't matter. Perhaps bring something better for the evenings. Use the check list below to help prepare for your visit.

Check list- Essential things to bring	
1 litre water bottle (very important)	
Warm hat, gloves, scarf (even in the summer)	
Sun hat /Sun cream(summer) / lip balm	
Bedding: Pillow case/ Single Duvet Cover / Single bottom sheet	
Washing kit & 2 towels	
Indoor shoes or slippers	
Pyjamas or nightshirt	
Casual clothes for travelling and relaxing	
Wellingtons	
Torch	
Large Plastic bag to put dirty cloths into	
NOTE: For each day of activity a full set of warm activity cloths is required:	
Underwear	
Thick socks for inside boots	
T-shirts	
Long-sleeved tops –(e.g. warm sweaters – fleece)	
Loose warm trousers (e.g. track suit bottoms not jeans)	
Old shorts (for over wetsuit- Gorge Walking/ Canoeing)	
Trainers (plus an old pair for water activities)	
Swimming costume (for water activities)	

The Centre will provide:

- Walking boots
- Waterproofs
- Day sack
- All Activity related equipment. For example helmets, buoyancy aids, harnesses etc.