

# STUDENT KIT LIST

You are likely to get wet on activities so please bring at least one complete change of warm clothes for each day. Remember they will get dirty, so bring old things that don't really matter and perhaps bring something nicer for the evenings. Use the check list below to help prepare for your visit.

<b>Check list - essential items to bring</b>	✓
1 litre water bottle (very important)	
Warm hat, gloves and scarf (even in the summer)	
Sun hat/sun cream (summer) and lip balm	
Bedding: pillow case/single duvet cover/single bottom sheet	
Wash kit and 2 towels	
Indoor shoes or slippers	
Pyjamas or nightshirt	
Casual clothes for travelling and relaxing	
Wellington boots	
Torch	
Large plastic bag for dirty clothes	

<b>NOTE: For each day of activities, a full set of warm activity clothes is required:</b>	✓
Underwear	
Thick socks for inside boots	
T-shirts	
Long-sleeved tops (e.g. warm jumpers/fleeces)	
Loose warm trousers/leggings/track suit bottoms (not jeans or jeggings)	
Old shorts (to wear over wetsuit - gorge walking/canoeing)	
Trainers (plus an old pair for water activities)	
Swimming costume (for water activities)	
Changing poncho/robe (if you have one)	

## The Centre will provide:

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