

Clothing List

A typical day at the centres could involve two or three different activities, any of which could end up with participants getting wet and muddy. While there are drying rooms available, it is best to assume that soaking wet clothes will not dry completely overnight. There should be no need to buy new clothes especially for the trip – old clothes and trainers are perfect. Any specialist clothing, such as waterproofs, hiking boots, rucksacks and safety gear can be provided by the Centre.

We strongly recommend that children are involved in packing their own bag. Many children do not know what they have with them and don't recognise their own clothing, especially at the end of the week!

What to bring:

- Clothes to travel in
- Enough sets of clothing to last the duration of the course and that you don't mind getting wet and dirty. In the winter months it can be very cold so extra jumpers / fleeces are useful – layers are always best for keeping warm. Suitable clothing includes tracksuit pants, sweatshirts, tee shirts, and fleeces.
- Please keep jeans for evening wear only as they do not dry easily
- Underwear – it is best to have at least one set per day
- Night clothes – onesie optional but useful during evening.
- Personal toiletries. Please do not bring aerosols as the smoke detectors are very sensitive and can be triggered by the particles
- Towel
- Thick socks for wearing with boots and wellies (**essential**)
- Gloves and a woolly hat (**essential**)
- Wellies (**essential**), trainers, old trainers you don't mind getting wet, slippers for around accommodation.
- Lip balm – (**essential**)

Other things:

- Any necessary medication (**essential**)
- Water bottle(**essential**)
- Book / magazine
- A small amount of money for the tuck shop – amount to be decided.
- Torch (**essential**)
- Teddy bear!
- A bin bag/poly bags to put wet clothing in at the end of the visit (**essential**).