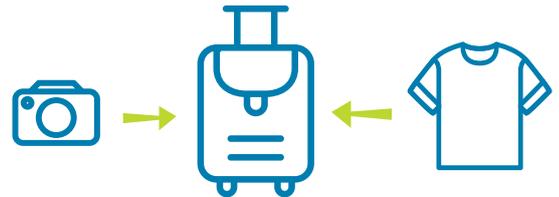


KIT LIST

We'll provide you with walking boots, waterproofs, a rucksack, roll mat and sleeping bag (where appropriate) so don't worry about bringing these. This is all covered in your £10 refundable kit deposit. You can bring your own kit if you have it, but most people prefer to borrow ours.

Our advice is to leave any valuable items behind. We can give you access to a safety deposit box and if you're travelling from abroad please keep your passport and important travel documents there.

Aerosols and painkillers are not allowed at our centres.



| ITEM | CHECK | NOTES |
|---|--------------------------|---|
| TWO PAIRS OF TRAINERS | <input type="checkbox"/> | Bring two pairs of trainers - one pair that you don't mind getting wet or muddy. This could be an old pair or some 'wet shoes'. |
| SWEATSHIRTS, JUMPERS, HOODIES OR FLEECEs | <input type="checkbox"/> | Fleeces are ideal as they dry quickly but any of the other items are a good substitute. |
| TROUSERS, SHORTS | <input type="checkbox"/> | Trousers (tracksuit bottoms, leggings, walking trousers). You can bring jeans for around the centre and travelling, but not for activities because they take too long to dry if they get wet. |
| T-SHIRTS, LONG SLEEVED TOPS , BASE LAYERS | <input type="checkbox"/> | Aim for tops that cover your shoulders from the sun. |
| NIGHTWEAR, PYJAMAS | <input type="checkbox"/> | |
| UNDERWEAR INCLUDING SOCKS | <input type="checkbox"/> | Trainer socks aren't recommended as you'll be wearing walking boots. Sports bras may be useful. |
| THICK WALKING SOCKS | <input type="checkbox"/> | |
| SUN HAT, SUNGLASSES, SUN CREAM | <input type="checkbox"/> | Don't bring expensive sunglasses. Sun cream should be at least factor 30. |
| WARM HAT AND GLOVES | <input type="checkbox"/> | We can provide these but feel free to bring your own. |
| TOWELS | <input type="checkbox"/> | You will need a towel for showering and on activities, so bring at least one. |
| SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER | <input type="checkbox"/> | It's also a good idea to bring a couple of plastic bags to carry any wet clothes in. |
| TOILETRIES. Including personal medication. Insect repellent, blister kit or plasters can also be useful. | <input type="checkbox"/> | Please don't bring aerosols or painkillers. Don't forget asthma inhalers, epipens or personal medication if needed. |
| £10 KIT DEPOSIT PLUS SPENDING MONEY | <input type="checkbox"/> | You won't need more than £10-15 per week for spending money. All centres have a small shop which sell healthy snacks and souvenirs. Please bring £10 as a refundable kit deposit. |