

COBNOR ACTIVITIES CENTRE  
RESIDENTIAL KIT LIST



The following is required kit for participants to bring on residential courses:

**Check List**

- Sleeping bag
- Pillow
- Nightwear
- Wash kit
- Towel
- Enough clothes to change into for the duration of your stay
  - T-shirts and shorts, sweatshirts
  - Shorts and tracksuit bottoms or leggings
  - Underwear and socks
- Waterproofs
- Footwear e.g. trainers, plimsolls, wetsuit boots **NOT** Wellington boots or flip flops
- Sun cream (factor 20+)
- WATER BOTTLE**
- Torch and spare batteries
- Warm hat and/or sun hat and gloves
- Book to read, cards or similar
- Bin liner or similar for dirty clothes
- Please do not bring any valuables** or good clothing. **MOBILE PHONES and electrical items are not recommended.**

Please try to pack all items into 1 rucksack/holdall as space is limited