

Kit list

Here is our kit list for everyone taking part in land and water-based activities at the Centre. We will provide all the safety equipment, from harnesses and helmets to wetsuits and buoyancy aids.

Every day kit list:	Packed?
Change of warm clothes	✓
Water bottle	
Sun cream and hat or gloves and hat – weather dependant	
Swimming costume and t-shirt	
Towel	
Spare old trainers, or similar, to get wet (not crocs, flip flops or open toe sandals)	
Any logbook or qualifications you have gained	
Personal medical supplies (please ensure these are detailed on your consent form)	
Long sleeved tops (see ‘What to wear for what’)	
Comfortable trousers (e.g. tracksuit bottoms, NOT jeans) or shorts to the knees	
Packed lunch	
Waterproof coat and trousers	
If you are coming on a residential trip, you will also need:	Packed?
Packed lunch for your first day	
Enough changes of clothes for the duration of the visit and spares with comfortable trousers and jumpers	
Sleeping bag and pillow (we will provide bottom sheet)	
Camping mat if camping	
Spare underclothes	
Night wear and wash bag (don’t forget your toothbrush!)	
Two towels	
Bin bag for wet/muddy clothes	
Torch	
Books and playing cards etc.	
Waterproof coat and trousers	

Please note: Do not bring any valuables or good clothing, as it is likely these could get dirty or lost. The use of mobile phones is discouraged at the Centre. Please leave these and all electrical items at home. Any communication can be made via the school or our main office.

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