

RESIDENTIAL KIT LIST

The following is required kit for participants to bring:

Check List	
	Sleeping Bag
	Pillow
	Nightwear
	Wash Kit
	Towel x 2
	Enough clothes to change into for the duration of your stay: T shirts and sweatshirts; shorts and tracksuit bottoms or leggings; underwear and socks
	Waterproofs (tops and bottoms) – Coat
	Change of Footwear for water activities e.g. old trainers, plimsolls, wetsuit boots. NOT wellington boots crocs or flip flops
	WATER BOTTLE
	Sun cream (Factor 20+)
	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 do not bring pocket knives or any other sharp objects

Please pack all items into a rucksack/holdall as space is limited.



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