

## Kit List for your Visit

(Please ensure that all items are name)

If you have Walking boots and Wellington Boots, please bring them with you. Otherwise, they will be provided for you.

### All Visits

#### Clothing

Clothes may get dirty and/or wet, therefore you should bring several changes of clothes for doing activities

- Tops and Jackets
  - T-shirts
  - Long sleeved shirt/T-shirts
  - Waterproof Jacket
  - Fleeces / Jumpers
- Trousers or Leggings  
(not jeans as they get heavy and cold when wet)
- Underwear and Socks  
(Socks will need to cover ankles to do some activities)

#### Footwear

- Pair of trainers for activities
- Pair of old trainers for water sports

#### Other Items

- Towel for after activities
- Reusable drinks bottle
- Small rucksack/Bag
- Labelled bin bag for wet and dirty clothing

### Extra Items for Residential visitors

- 1 or 2 sets of clothes for the evening
- Pair of dry shoes for evening activities
- Suitable nightwear
- Washbag including soap, shampoo, toothbrush, and toothpaste (please do not bring aerosols)

#### Arriving in the summer

- Shorts
- Baseball Cap
- Sunscreen

#### Arriving in the winter

- Warm coat
- Hat and gloves