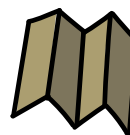


## Example Kit List (2 night / 3 day visit)

We want you to be comfortable and happy throughout your time on the trip so therefore it's important you pack the right clothing and equipment. Your visit will involve a lot of time outdoors whatever the weather, so there is a possibility of your clothes getting wet and muddy. This list will be more than adequate to suit a 3 day visit so please adjust the contents to suit longer or shorter visits.

### General Clothing

- 2-3 pairs of walking/thick socks
- 2-3 long sleeved fleeces or sweaters
- 2-3 warm shirts, T-shirts or thermal tops
- 2 pairs of trainers, 1 for normal use and 1 old pair for outdoor activities
- 2-3 pairs of trousers, tracksuit bottoms are ideal. (Jeans are not suitable for activities)
- Gloves or mitts, hat and scarf
- 1 warm coat (fleece jacket is ideal)



### If you have these, please bring them with you:

- Waterproof jacket
- Water proof trousers with taped seams
- Wellies
- Walking boots



### Clothes for evenings

A set of clothes for social activities in the evening



### Other essentials

- Water bottle (1 litre if possible)
- Lunch box
- Several changes of underwear
- Socks (not for activities)
- A good sized towel
- Wash kit
- Tissues
- Pyjamas or night clothes
- Indoor shoes/slippers
- Rucksack



### Other useful items

- Torch
- Lip balm
- Bring old/cheap clothing
- Lots of thin layers are better than one thick layer
- A hat is important!



### Top tips

- Take a look at the weather forecast before you leave home/school
- Plastic bags (no holes!) will be useful to put wet clothes in and to line your rucksack if it rains



## And last but not least - have fun!

