



KIT LIST – MULTI-ACTIVITY RESIDENTIAL

In order to benefit the most from your residential, it is important that every member of your group is aware of what personal kit to bring. For the group's safety and comfort, please ensure that copies of this list are available well in advance of the residential. If you are coming between October and April, extra warm clothing is recommended.

GENERAL

- Indoor clothes
- Indoor shoes / slippers
- Wash Kit
- Towel
- Pyjamas
- Medication
- Midge Repellent (Summer)
- Suncream, sun hat, sun glasses (Summer)
- Small First Aid kit (Inc. good quality plasters)
- Water Bottle
- Lunch Box
- Sandwich Bags
- Torch
- Spare batteries
- Wellies for the beach (optional)

DRY ACTIVITIES – Please bring enough clothes for the number of days you are staying

- T shirts
- Jogging bottoms / leggings/ walking trousers (no jeans)
- Warm jumpers / fleece
- Hat, gloves, scarf / buff
- Walking socks
- Walking boots*
- Trainers
- Waterproof Jacket*
- Waterproof Trousers*
- Small rucksack

WET ACTIVITIES – This set of kit can be used for multiple wet activities

- Swimming costume / shorts
- Jogging bottoms
- Fleece jumper*
- Old trainers
- The centre provides wetsuits for most wet activities. You can bring your own if you would like to and our instructors will check it is suitable for the activity.

DESIRABLE KIT FOR WET ACTIVITIES

- Wetsuit (neoprene) socks and gloves

All items marked with * can be borrowed from the centre. If you have your own, please bring them as this will be more comfortable for you. All other items need to be brought by each individual. Please note that especially with fleeces and socks, having too many is much better than not having enough.

If you have any questions, please do not hesitate to contact the centre.