



## **Equipment list** [Remember that parents should not be doing the packing!]

We cannot stress too strongly that no specialist clothing or equipment should be purchased for this trip. You should expect *everything* to return home needing a good wash! Please don't bring anything that is not on this list without very careful consideration and, probably, only after asking your teacher first. Outward Bound supplies *all* specialist equipment.

Clothing and footwear are much more likely to return home if they are marked with your name; sorting out unmarked clothing in communal drying rooms is not fun!

### ***You must have:***

- ✓ 2 pairs of training shoes or similar; at least one of these pairs will get wet
- ✓ 4-5 pairs of trousers; tracksuit bottoms are fine. A pair of thicker tights or leggings to be worn underneath if it's cold might be a good idea. Jeans are unsuitable for outdoor activities but you could bring one pair for wearing around the centre.
- ✓ 4-5 shirts / tee-shirts
- ✓ 4-5 warm pullovers / sweat shirts / fleeces
- ✓ Enough underwear
- ✓ Socks – lots, including some thick woollen-type socks for boots, if you have them.
- ✓ 1 pair of shorts
- ✓ Nightwear
- ✓ 2 towels
- ✓ Gloves, 2 pairs
- ✓ A warm hat (that covers your ears) & a scarf
- ✓ Personal toiletries, such as shampoo, soap, toothbrush, toothpaste, hairbrush, hairbands, sanitary items as required
- ✓ Any personal medication (eg inhalers) that you need (but make sure that we know about it).
- ✓ Swimwear
- ✓ A biro & a pencil
- ✓ Packed lunch for the outward journey
- ✓ Spending money (£15–£20 maximum)
- ✓ A book/magazine, for the journey



- ✓ L4L blue booklet
- ✓ A few plastic food bags to put rubbish in

***You could have:***

- ? Sun hat & sun cream, particularly if you are fair-skinned – it might be sunny!
- ? Walking boots if you have them already
- ? An alarm clock

**A sense of humour**

**And a bag to put everything in!**

- ? Outer coat or jacket (but not if it can't get muddy and wet)
- ? A camera
- ? A pack of cards or game for the evenings

- X *You must not have:* Mobile phones or other device eg Smart watches**
- X iPods, MP3 players or similar**
- X Any electronic games**