

Adventure Plus Kit List

The courses at the Centre involve a lot of time outdoors, whatever the weather, and there is the likelihood of clothes getting wet and muddy. Weather conditions can be unpredictable during both summer and winter, so it is best to come prepared for the worst and then enjoy whatever happens knowing you have more than you need! So, hard wearing, warm clothes that you are happy to get wet and dirty are best. The following should be regarded as a minimum for all 3- day courses.

Clothes for activities:

3 pairs of thick socks and 3 pairs of thin socks	
Several changes of underwear	
4 T-shirts and 2 warmer (long sleeve/thermal T-shirts)	
3 Jumpers/fleeces	
4 pairs of trousers (not jeans- tracksuit bottoms/leggings ideal)	
Coat/waterproof jacket	
2 pairs of trainers (1 for indoor activities and 1 for outdoor activities)	
1 x waterproof trousers and jacket	
1 x sun hat/cap	
1 x warm hat/gloves/scarf	

Other essentials:

1 x towel		
Personal medication (given to teacher before departure)		1 x sleeping bag
Toiletries		1 x pillow and pillowcase
Plasters for blisters		1 x blanket
Sunblock factor 30+		Headtorch or torch
Pyjamas or nightclothes (please note the yurts are not heated)		Pen and a notebook
Casual clothes for evening		Lipsalve/lip balm (all year round)
1 x single bottom sheet		2 x bin bags
If bringing deodorant roll-ons only		
1 x litre drinks bottle and lunchbox		slippers
1 small bag of sweets (optional)		Hair bobbles for activities

Students are asked to make sure their clothes and other items are clearly marked with their name.

No electronic devices including phones are allowed at the centre.

No jewellery allowed during activities.

