

Kilvrough Manor OEC

PARENT'S CHECK 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 5 day courses.

CLOTHES FOR ACTIVITIES		√	
5 pairs thick socks and 5 pairs thin socks (not trainer socks)			
Several changes of underwear			
T shirts			
3 – 4 warm T-shirts / thermal tops			
3 – 4 pairs long sleeved fleece tops / Jumpers			
3 – 4 pairs trousers (jeans are not suitable for activities) tracksuit bottoms or leggings are ideal			
2 pairs of Fleece / woollen gloves or mitts, warm hat, balaclava, scarf			
Swimming costume			
Coat / Jacket			
2 pairs trainers – 1 for normal use + 1 old pair for wet activities			
OTHER ESSENTIALS	√	OTHER ESSENTIALS	√
2 x good sized towels		Wellington or waterproof boots	
Personal medication		Torch and spare batteries	
Plasters for blisters		Writing materials	
Toiletries etc. **		Lypsyl or lip salve (all year round)	
Sun block – Factor 30+ & sun hat		2 x bin liners	
Pyjamas or night clothes		1 Litre drinks bottle & Lunch Box	
Casual clothes for evenings		Slippers/ indoor shoes	
Single duvet cover or sleeping bag, pillow case and a single fitted mattress sheet			
NOTES			
<p>Please note the following:-</p> <ul style="list-style-type: none"> • Waterproof jackets and over trousers, wellington boots and day rucksacks are available to borrow from the Centre at no charge • **Aerosol deodorants are not allowed at the Centre. Please bring a suitable alternative if required • Chewing gum is not allowed at the Centre, please do not bring it. • Single use wipes, even if “flushable” are not allowed due to having a septic tank. • Students are asked to make sure their clothes and other items are clearly marked with their name, this is especially important for medication such as inhalers. • The Centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and Centre staff are not allowed to look after them. • Your stay at one of the Centres is an opportunity to experience time away from mobile and electronic devices – please do not bring mobile phones. 			

Many Thanks