

Kit List



It is important that you are able to stay warm and dry. Please bring **OLD** clothes that you do not mind getting wet and muddy. The following is recommended for up to a 4-night activity break. Please name tag all items.

Clothes

- 5 pairs of trousers (denim jeans are not suitable)
- 5 T-shirts (long sleeved if possible)
- 3 (fleecy) jumpers
- 6 pairs of socks (include one long pair for biking)
- 5 sets of underwear
- 1 pair of shorts
- Warm nightwear
- Swimming Suit

Outer Clothing

- Waterproof Jacket
- Waterproof Trousers
- Hat & gloves

Personal Effects

- Wash Kit
- Large towel
- Water bottle
- Rucksack
- Packed Lunch for the first day)/Lunch box

Optional

- Sun cream
- Midge Spray or a midge net
- Money and Purse/Wallet

Footwear

- 1 pair of trainers for indoor use (*not slippers*)
- 2 pairs outdoor shoes/boots (wellies are suitable as one pair)

All bedding is provided by the centre. Please **DO NOT** bring any personal bed linen including pillows and blankets to Alltnacriche.

We do not recommend bringing any electronic devices on the trip.