

CLOTHING CHECK LIST

THE BASICS

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| <input type="checkbox"/> 3 x Fleece or Wool Jumpers | <input type="checkbox"/> Indoor Shoes |
| <input type="checkbox"/> T-shirts (LOTS!) | <input type="checkbox"/> Old Trainers to Canoe In |
| <input type="checkbox"/> 3 x Trousers (thick tracksuit, combats, NO JEANS) | <input type="checkbox"/> Swimming Costume |
| <input type="checkbox"/> 3 x Thick Wool Socks | <input type="checkbox"/> Small Torch & Batteries |
| <input type="checkbox"/> Wool/Fleece Hat & Gloves | <input type="checkbox"/> Plaster Strips (for blisters) |
| <input type="checkbox"/> Nightwear | <input type="checkbox"/> Drink Container |
| <input type="checkbox"/> Underwear & Socks | <input type="checkbox"/> 2 x Bin Bags (to make a waterproof liner for rucksack
& to store wet clothing on journey home) |
| <input type="checkbox"/> Casual Indoor Clothes | <input type="checkbox"/> Wellington Boots* |
| <input type="checkbox"/> Wash Kit & Towels | |
| <input type="checkbox"/> Toothbrush | |

WINTER

- 'Thermal' T-shirts/ underwear.
- Thermos Flask. (A steel flask is a good investment)
- Extra pair of Gloves & Hats
- More torch batteries

SUMMER

- Shorts.
- Baseball/Sun Hat
- Sun Cream & Block
- Sun Glasses
- Long Sleeved Lightweight Shirt/T-shirt

IMPORTANT

- The Centre provides all bed linen
- Each bed has a duvet and pillow

THE CENTRE PROVIDES FOR EACH PERSON

- Waterproof Jacket & Trousers
- One Fleece Jumper
- Walking Boots
- Rucksack
- Wetsuit
- Buoyancy Aid
- All Specialist / Safety Equipment

MOUNTAIN BIKING

- Thin Gloves (not ski gloves)
- Tracksuit bottoms/leggings (not too baggy)

TOP TIPS

- **Sweatshirts and Jeans are not good insulators when wet.**
- **Always have a bin bag in your rucksack to waterproof it.**
- **A cheap camera will help to record all the best bits!**
- **Have your wool socks handy when you arrive so you can try on your boots with the right socks.**
- **Field Study groups need a big transparent plastic bag to cover their clipboards. It is then possible to write under it when it rains.**
- ***Plain cheap green wellies with black or beige soles, good tread. No 'fashion Wellies!!'**
- **Very BIG or small feet let us know in advance.**
- **DO NOT buy any expensive 'Designer' outdoor clothing or boots for your course.**